DIVERSITY QUEEN'S U. STYLE

Story metroNEWS
Vicky Mochama metroVIEWS

Ottawa metro

Your essential daily news | THURSDAY, NOVEMBER 24, 2016 | High 0°C/Low -3°C Snowy

Trump presidency? 'No worries,' His Holiness says metroNEWS

Prajeena Karmacharya and David Venn wear scarves from their company Corala Cashmere on Wednesday in Ottawa.
JUSTIN TANG/FOR METRO

The fabric of Nepal

Ottawa couple — and business partners — are selling cashmere for kids in crisis metroNEWS

Your guess as good as ours, watchdog says

CLIMATE CHANGE FIGHT

Too much 'uncertainty' to know impact of cap-and-trade

Ontario's government spending watchdog says there are too many uncertainties for it to determine the financial impact of the Liberal government's cap-and-trade program to fight climate change, which starts Jan. 1, 2017.

The financial accountability office released a report Wednesday saying it needs more data on how the government plans to spend the $1.9 billion it expects to raise each year from auctioning pollution emission credits to industries.

"Given the uncertainty surrounding revenues, and without more specific information on planned expenses, the FAO cannot forecast the fiscal impact of cap and trade in any particular year with sufficient precision to be useful," concluded the report.

The Liberal government promises to use all revenue from the cap-and-trade program to help industries adapt to a low-carbon economy, and to fund projects that help reduce greenhouse gas emissions.

The financial accountability office said the impact of cap-and-trade on the province's deficit will depend on how many emission credits are sold, at what prices, and what the U.S. exchange will be on the auction revenues.

"There's fundamental uncertainty around the revenues," said Peter Harrison, the FAO's chief financial analyst.

The opposition parties said the FAO's report shows the government can use cap-and-trade revenues on previously announced programs to eliminate the $4.3 billion deficit next year as promised.

THE CANADIAN PRESS

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Your essential daily news

Lawren Harris painting titled Mountain Forms sets new Canadian art record, selling for $9.5M.

Ottawa Public Health has started a new campaign to decrease incidents of drug overdose connected to fentanyl. The health body says the drive is intended to provide information to friends and family of the city's estimated 29,000-46,000 illegal drug users to limit injection of the opioid which can often be mixed with other narcotics like heroin, crack, cocaine and some prescription pills.

THE CANADIAN PRESS/HO

Taking the fight to fentanyl

OTTAWA PUBLIC HEALTH

Overdose prevention campaign launched

Ryan Tumilty
Metro | Ottawa

Ottawa Public Health is trying to create more awareness about the dangers of fentanyl before the city sees the same levels of overdose deaths as Western Canada.

Fentanyl is an opioid that has been seen increasingly in street drugs and is significantly more powerful than morphine. Both British Columbia and Alberta have seen overdose deaths from the drug jump from just a handful to hundreds a year.

Ottawa Public Health is launching a new stop overdose awareness campaign with ads on bus shelters and in other places.

Kira Mandryk, supervisor of harm reduction with Ottawa Public Health, said the campaign is about making sure people are aware of the danger, because the drug is here as well.

"We do have confirmation that illicit fentanyl is in Ottawa and in Ontario," she said. "The focus is to draw attention to the risks specifically with illicit fentanyl."

The ad campaign directs to a website stopoverdoseottawa.ca, which includes information about overdose prevention and naloxone, which can be used to reverse an overdose.

It's designed to provide information for drug users, as well as family and friends.

Ottawa Public Health estimates there are approximately 29,000-46,000 illegal drug users in Ottawa, not including cannabis users, and an estimated 1,200-5,600 injection drug users.

> **People using those other drugs may have no idea that it's in them.**
>
> Kira Mandryk

Fentanyl is often mixed with a variety of other drugs, making it all the more dangerous.

"We do know it has been detected in drugs like heroin, cocaine and crack as well as prescription pills that are manufactured to resemble opioids," said Mandryk. "That means that people using those other drugs may have no idea that it's in them, which really increases the risk of overdose."

She said while Ottawa hasn't seen the numbers that cities in Western Canada have experienced, that could easily change and they want to be ahead of it.

"That's exactly why we are working together with all of these partners to really try to get as much information to the public as possible right now," she said.

Naloxone is now being distributed through social agencies, hospitals and at some pharmacies and she said it can be a lifesaver if people know when and how to use it.

"We know that knowing how to recognize an overdose quickly and having naloxone could save a life while you are waiting for a paramedic to arrive," she said.

She said on top of the awareness campaign they are talking with social agencies who provide needle exchange currently about potentially expanding their hours.

The board of health backed the idea of a supervised injection site in June. Mandryk said they know that with illicit fentanyl on the streets there is the potential for them to be more important.

"We know that supervised injection services are one part of the piece in overdose prevention. They are a well-established public health intervention."

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Trinity going higher with tallest buildings project

CONSTRUCTION

City confirms receiving new site plan application

The Trinity Station project is located near the future intersection of Ottawa's two light-rail lines. COURTESY TRINITY DEVELOPMENT GROUP

Trinity Development Group has added several floors to its plans for a trio of massive residential towers that, if constructed, will be Ottawa's tallest buildings.

The Trinity Station project is located near the corner of Albert and Preston streets, near the future intersection of Ottawa's two light-rail lines.

City staff said this week that they've received a new site plan application for the property consisting of three high-rise residential buildings atop a mixed-use podium and underground parking garage.

A 59-storey tower and a 55-floor building would be linked by an 11-storey podium that includes retail, parking and office space, according to a city statement. A third high-rise consisting of 50 storeys would sit atop a four-floor office and retail podium.

The project would contain 1,632 residential units as well as 187,750 square feet of office space. That's slightly more than half the space inside the Performance Court office building on Elgin Street, across from the courthouse.

The project would also include 115,000 square feet of retail space.

Trinity said earlier this year that the buildings would be 55 storeys.

Speaking at the Ottawa Real Estate Forum last month, Brad Caco — Trinity's senior vice-president of development and design — suggested that he wanted to capitalize on the scheduled 2018 opening of the Confederation light-rail line.

59
The number of storeys in the tallest tower.

"One of the most desirable attributes we feel is the fact that the Bayview Station is coming online about the same time as our development is proposed to come online," he said at the time. Caco has since left Trinity, and the developer did not immediately reply to a request to discuss the project.

The vacant 3.5-acre site behind the City Centre office and light industrial complex is a challenging site to develop because several large municipal water and sewer pipes crisscross the property.

According to the city, the developer will be responsible for relocating municipal infrastructure to "create a more suitable development envelope."

The property was previously owned by Ottawa developer DCR Phoenix, which acquired the site from the National Capital Commission in 2004 for $800,000 and filed the first of several development applications that year. None came to fruition.

In 2010, city staff criticized DCR Phoenix for preparing plans that included "extensive" surface parking in a development adjacent to rapid transit.

Under the current plan, Trinity Development Group is proposing to build enough spaces for more than 1,200 vehicles, of which 779 would be reserved for residents of the buildings.

By comparison, there are approximately 1,100 parking stalls beneath the World Exchange Plaza, according to the building's owner.

In April, the city councillor for the area, Catherine McKenney, wrote that Trinity's earlier plans contain "too much parking." Separately, she also wrote that the proposal "must incorporate a significant affordable housing component."

PETER KOVESSY/OTTAWA BUSINESS JOURNAL

PERSONAL SERVICES

Council amends policy

Haley Ritchie
Metro | Ottawa

City council moved forward on Wednesday with a plan to better regulate tattoo parlours and nail salons and a new addition to the city's alcohol policy.

The city said there are around 1,000 known "personal service" businesses in Ottawa, a category that includes salons, tattoo parlours and manicurists.

Right now the businesses are not required to register with the city, meaning Ottawa Public Health has trouble inspecting businesses it doesn't know about.

Under the plan for a new bylaw, approved Wednesday, businesses will be required to register and pay a yearly $55 fee to cover the cost of inspections. Unregistered businesses operating will face fines up to $1,000.

Since 2013, Public Health has caught 3,434 violations during inspections of known personal service businesses, including a hand-washing sink that didn't work, mold in a foot bath and an overfilled sharps disposal container.

Staff said the inspections are important because serious illnesses can result if personal service providers are not following health and safety protocols. Examples given include blood borne infections from improper sterilization of tattoo needles and bacterial infections from improper cleaning of foot baths.

Councillors also approved an update to the city's official alcohol policy, a technical change that should make it easier for smaller events to access permits.

Both changes passed unanimously with no debate.

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Luther Wright and the Wrongs drop their highly-anticipated vinyl at Wakefield matinee show Sunday. CONTRIBUTED/DAVID IRVINE

Alt-country music at its sweetest

BACKSTAGE PASS

Luther Wright vinyl release set for Sunday at Sheep Inn

Trevor Greenway
Metro | Ottawa

It may be eight months late, but Luther Wright fans will finally now be able to listen to Hearts and Lonely Hunters the way it was intended.

The Wakefield alt-country strummer Wright and his band the Wrongs recorded their latest studio album last year, and mapped out the tracks specifically for a vinyl release — one part rock and roll, one part country and equal parts soulful folk. The release was set to happen last February, but delays in the pressing pushed back the date all the way to this weekend.

The band will finally drop their vinyl during a Sunday afternoon show at the Black Sheep Inn in Wakefield.

"I wanted to do something that is half rock and roll and half country," says Wright.

"So, Side A is the rock, Side B is the country, but even on CD it still plays well, the sequence works, but it's nice with the vinyl, which is why we are doing this show."

The album really is a perfectly cured cocktail of alt-country at its sweetest.

One sip is a hard shot of whiskey to the back of the throat, while the next is slow burn to the tummy. And it's clear by listening to the album that Wright is ready to be a rock star again.

"I like playing rock and roll," says Wright, adding that he has spent the last decade or so really focusing on sharpening, then polishing, his solo craft. He says he really missed the band life.

"I felt that I did my due diligence of playing rootsy country stuff and also getting my solo, singer-songwriter performer chops down. I wanted to be in a band again, I wanted to get back that camaraderie with the musicians and the connections."

So, he did just that.

After touring the UK earlier this fall, he spent the last few weeks crammed with his bandmates in an RV and toured the country coast to coast, from here to Vancouver and back. It's something he hasn't done in a long while, but the adventure helped him regain some of his youth, and slugging it out on the road night after night helped spark some of that nostalgia.

"We jumped in an RV with the band and did the cross-Canada tour and I thought I wouldn't be doing that again, I had been mostly flying," says Wright, adding that this latest tour is something like the 30th time he's travelled in a stinky van with his mates to spread his music across the country.

"But these guys were up for it and it was an adventure, it's a goddamn big country."

But no matter where the Wrongs go, it's always right when they lay it down at the Sheep, one of the region's most fabled bars, and Sunday will be no exception to the magic the dark watering hole breeds.

Wright will be joined by original Wrongs members Cam Giroux on drums and James Taylor on bass, as well as special guests Kelsey McNulty of the Box Car Boys and Tara Dunphy of the Rizdales, who Wright says will completely steal the show.

"She's a star," says Wright.

"She's almost a little too good, I think she will probably get a little more attention than me, and my name is Luther, so that will be great."

And with so many great players on stage, Wright isn't worried about scaring all the little kids with his loud voice and poised presence, even though he's a big teddy bear.

"And it's a Sunday afternoon gig, so it will be kind of a perfect day," he says.

"We will have a couple of pretty ladies, super talented on stage, which is good because with kids, no matter how friendly and goofy you are, you are always still a big scary guy."

The Sheep gets a rockin' at 4:20 p.m. It will be midnight before the dust settles.

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John Reid, CEO of the Canadian Advanced Technology Alliance. COURTESY OTTAWA BUSINESS JOURNAL

Feds 'clawed back' $4.2B in credits

TAXES

Ottawa tech group calls on government to reverse decline

Peter Kovessy
Ottawa Business Journal

As the federal Liberals continue to tout plans for an "innovation agenda," one of the country's leading technology industry advocates is calling on the federal government to reverse the dramatic decline in tax credits aimed at encouraging research and development.

The Ottawa-based Canadian Advanced Technology Alliance, or CATA, released a report this week that analyzed the value of credits distributed through the federal Scientific Research and Experimental Development — better known as SR&ED — tax incentive program.

It found that after hitting a high of $4.1 billion in 2008-09, the value of SR&ED tax credits dropped to $3.3 billion the following year and have since fluctuated between $3.1 billion and $3.6 billion annually.

According to CATA's calculations, the cumulative decline adds up to $4.2 billion.

CATA president and CEO John Reid said it appears that new, restrictive interpretive and administrative policies are behind the decline.

He suggested that there's been an overreaction to cases where companies have failed to assemble the proper documentation.

"You've had a few companies muddy the water and the reaction has been disproportionate to the point where it has affected the predictably and integrity of the program," Reid said.

> **"You've had a few companies muddy the water.**
> John Reid, CATA

SR&ED was officially introduced in 1986 but existed in other forms for decades.

It's the single-largest federal program in support of business research and development and is widely used by technology companies in Ottawa.

According to the Canada Revenue Agency, the program generally provides a tax credit worth 35 per cent on the first $3 million of eligible R&D labour, equipment and overhead costs. It's refundable, which means that even unprofitable companies that don't pay corporate taxes can recover some R&D expenses.

Reid said the program has helped small businesses with their cash flow as well as encouraged multinationals to expand in Canada. However, he says those gains are now being jeopardized by the current "unpredictability" of SR&ED applications.

App offers change — without it

Haley Ritchie
Metro | Ottawa

An Ottawa-based app that allows people who hate coinage to go change-free has been accepted into a competitive Silicon Valley startup accelerator.

Neal Stansby, vice-president of research and development at ChangeJar, said joining the ranks of California incubator 500 Startups is a big boost.

"They invest in your company and they make the coaching and the networking available to you. We see that as a huge positive. It means their goals are exactly aligned with our goals," said Stansby.

"Part of the attraction of being in a Silicon Valley-based accelerator is we still don't have the same easy access to mentorship and investment that you do in an area like the Bay Area. [Ottawa has] come a long way, but we're still not quite on par."

ChangeJar is a financial app, founded in 2014, that eliminates the need for coinage in small transactions. The app doesn't require a credit card and isn't connected to a bank account.

Paying for a $3.50 coffee with a $20 bill, for example, would let you add $16.50 to your ChangeJar account instead of receiving change. That money is then stored on your phone, instead of in your wallet, and can be used at participating stores and cafes.

Currently 13 businesses in Ottawa, including the Ministry of Coffee and Morning Owl Coffeehouse, allow customers to use the service.

"It's just faster, when you're making a payment," said Stansby. "We've all been in line with that person digging through their pockets to find the 25 cents they need. We're literally scan and go."

The app, which doesn't charge the expensive fees that credit cards do.

Fewer people are getting vaccinated at the city's flu shot clinics. TORSTAR NEWS SERVICE

Fewer coming to flu clinics

HEALTH

Numbers down from last year, but season's not over yet

Haley Ritchie
Metro | Ottawa

Attendance at City of Ottawa flu shot clinics looks to be lower than last year, but that doesn't necessarily mean fewer people are receiving the vaccine, according to Ottawa Public Health.

"We can't really compare the numbers from this year just yet to the one's from last year, because we're still offering flu vaccines at 100 Constellation for children under five and their families," said Marie-Claude Turcotte, program manager of the vaccine preventable diseases program.

So far this year, Ottawa Public Health has administered 6,468 doses of the flu vaccine, many at its 17 flu clinics that took place in schools and community centres. The number includes all dosages administered by OPH nurses.

That compares to 10,588 last year, a significantly smaller number. While vaccines are still being given out by Ottawa Public Health, Turcotte said it's likely that number will be at least a little lower than previous years. Turcotte said it's impossible to tell how many people are being vaccinated from the early clinic numbers.

Pharmacies in Ontario began offering the vaccine in 2012, offering an alternative to local clinics. "What's important is that people can access the vaccine, whether it's our clinics or the pharmacies," she said.

"It's important not only to protect themselves but to protect the people around them, families and loved ones. Seniors, young children and people with chronic conditions, if they get the flu they definitely have higher chances of complications," said Turcotte.

While city-wide clinics are finished for the year, residents can still get vaccinated in a doctor's office or at a pharmacy.

Children between the ages of six months and five years have the highest risk of serious illness from the flu, and Ottawa Public Health offers appointment-based clinics for them until mid-January 2017.

IN BRIEF

Investigators fail to identify object that hindered plane

Federal transportation investigators say they are unable to identify an airborne object that caused a Toronto-bound plane to take evasive manoeuvres that left two flight attendants injured.

A Porter Airlines flight en route from Ottawa to Toronto on Nov. 14 narrowly avoided a mid-flight collision above Lake Ontario with what flight crew said may have been a drone. The Transportation Safety Board says it has closed its investigation into the incident saying that the description and size of the object doesn't match that of a drone. THE CANADIAN PRESS

TRAGEDY

GoFundMe launched to bury a local 'hero'

Adam Kveton
For Metro | Ottawa

A GoFundMe campaign has been launched for Shawn Cryderman — the Good Samaritan who was killed while helping remove a stranger's vehicle from a ditch on Nov. 21.

The fundraising page shows the campaign has raised $11,335 of its $15,000 total in one day. According to the page, which was created by Shawna Collins-Campeau of Ingleside, Ont., the money will go towards a burial and tombstone. Cryderman had no life insurance, according to the post.

"This hero deserves to be put to rest," it reads.

Cryderman was pronounced dead shortly after going to the aid of a couple whose vehicle had gotten stuck in a ditch near Cryderman's home near Cornwall, Ont., according to news reports.

Cryderman, along with a friend and one of the car's occupants, had been working on pulling the car from the ditch with a tractor, according to Cryderman's daughter in a CBC story.

However, another driver lost control of his vehicle and struck the three men. Cryderman was brought to hospital and pronounced dead, while another suffered life-threatening injuries and a third suffered minor injuries and was treated at the scene, according to an OPP news release.

Coming to a stranger's aid was not out of the ordinary for Cryderman, according to the GoFundMe post.

"I'm trying to raise the money for a man that was known by everyone in Osnabruck Centre. Who would help everyone and anyone at the blink of a eye," it reads.

The page can be found at gofundme.com/shawns-burial-fund.

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Rebuilding Nepal one wrap at a time

David Venn and Prajeena Karmacharya show off scarves from their company Corala Cashmere on Wednesday. JUSTIN TANG/FOR METRO

BUSINESS

Husband-and-wife team sell cashmere for kids in crisis

Ryan Tumilty
Metro | Ottawa

An Ottawa cashmere company is selling scarves and wraps in this country that help to rebuild classrooms in Nepal.

Corala Cashmere — the brainchild of husband-and-wife team David Venn and Prajeena Karmacharya — sells items online made from the rare fabric.

The couple met while both were living in Holland, and after getting married they went to Karmacharya's home country of Nepal, where they first encountered the cashmere industry.

The fabric is taken from Nepalese mountain goats after they shed it in spring and is then woven together over days.

Karmacharya said they thought it was interesting when they visited, but it was until later that they saw the business potential.

"We learned a bit more about the industry and that was all during our honeymoon, so we didn't think that much about it," she said.

After spending nine months apart while immigration issues were sorted out, the couple moved to Ottawa and Karmacharya said they realized the potential for the business.

She said she liked the idea that it would keep her attached to Nepal.

"I knew I would be joining him in Canada, but for me, I wanted something that would still keep me attached to my home country," she said.

Since the beginning, the company has also had a charitable mandate, donating a percentage of proceeds to charities in Nepal, Venn said.

"Contributing to social causes that are important to us in particular for a country like Nepal where our products originate was important," he said.

Venn said all of that was given more urgency when the earthquake hit Nepal in 2015.

"When disaster strikes like that you want to do something, especially when you are more connected to the sense of place," he said.

So far the portion the company is contributing from each sale has managed to add up.

"We were able to contribute to building 20 classrooms in three of the hardest hit villages," said Karmacharya.

She said while they hope to keep growing the business as a business, there will always be a contribution back to the people of Nepal.

> "I wanted something that would still keep attached to my home country." Prajeena Karmacharya

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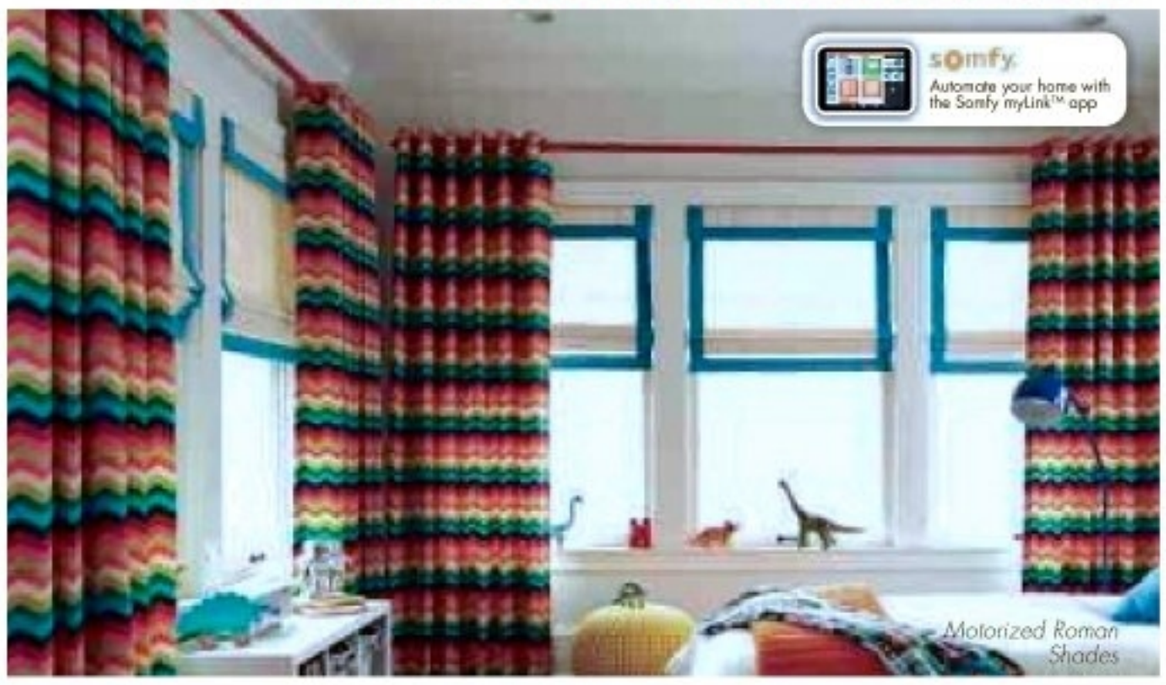

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GRAFFITI

MP hopes to close 'loophole' in hate-crime related damage

Adam Kveton
For Metro | Ottawa

While people in Ottawa band together to condemn the recent rash of hate graffiti in the city, a similar stand is taking place at the federal level.

Debate on Nepean MP Chandra Arya's private member's bill C-305 opened this week. It hopes to close a loophole in hate crime legislation.

The bill seeks to include gender identity and sexual orientation as attributable reasons for hate crime when it comes to property damage. Currently it includes religion, race, colour, national or ethnic origin as causes, with prison terms of up to 10 years. This would correct an oversight, said Arya, as the Criminal Code on hate crimes otherwise includes gender identity and sexual orientation as the basis to declare an act of hate crime.

Also, while the law is currently limited to property damage to places of worship, the bill would add places like schools, day care centres, universities, community centres, seniors' residences and cultural centres.

"I think it sends the right signal," said the associate executive director of the Youth Services Bureau of Ottawa, Jane Fjeld. Many youths who use the bureau's services identify as LGBTQ, she said. "We definitely would be in support of (the bill)."

In his address to Parliament, Arya noted the recent graffiti in Ottawa, where swastikas and racial slurs were spray-painted on several places of worship.

However, some Ottawa religious leaders, including some directly impacted by the graffiti, have said they'd like the person responsible to receive education rather than a prison sentence.

The executive director for the Canadian Association of Social Workers said jail time can be the appropriate response, but rehabilitation must take place as well.

"In these instances, people need to be held responsible for their actions, and we need to be able to protect the most vulnerable in our society," said Fred Phelps.

He noted the CASW wants judges to be able to determine on a case-by-case basis if a prison sentence is required, and that the federal government must "return to rehabilitation within the corrections system."

Liberal MP Chandra Arya. COURTESY CHANDRA ARYA WEBSITE

While Arya said he agrees education is the best long-term solution, he said a strong legal deterrent must exist as well.

"It may be true that morality cannot be legislated, but behaviour can be regulated," he said, quoting Martin Luther King.

Arya added that he is confident his bill will pass.

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Parents fight son's death verdict

COURTS

Ottawa couple launches $12.5M suit alleging police issues

John and Gloria Connelly are also asking the Ontario Superior Court of Justice to declare that police should investigate their son's death as a homicide. TORSTAR NEWS SERVICE FILE

An Ottawa couple who have been fighting for 15 years to have their son's death reinvestigated has filed a $12.5 million lawsuit against Toronto police, alleging detectives ignored, concealed or eliminated evidence to support a conclusion that the young man committed suicide.

John and Gloria Connelly are also asking the Ontario Superior Court of Justice to declare that police should investigate their son John's death as a homicide — something the couple argues should have happened right from the start.

"When John was killed, the Toronto Police Service had closed the case before they told us John was dead," the young man's father said Wednesday in a phone interview from Ottawa.

The couple's son was 22 and in his third year as a pharmacy student at the University of Toronto when he died in the early hours of Dec. 9, 2001.

He was found in the parking lot of the building where he lived at around 7:20 a.m., and police quickly ruled his death a suicide.

In their statement of claim, the Connellys allege that much of the information police relied on to make that determination — including the location of their son's body — turned out to be incorrect, but investigators have repeatedly refused to reopen the case.

None of the allegations in the lawsuit have been proven in court and Toronto police have yet to file a statement of defence.

The suit claims police concluded the young man went to the 10th floor of his building and climbed onto the roof through a secured hatch, then took a running leap and plummeted down to the parking lot.

This was determined largely because his body was found around 10.5 metres from the building, the Connellys' claim says. It was later discovered that the young man's body was in fact found about five metres from the building, the document alleges.

The couple further alleges that photos showing the building's roof hatch was still closed and secure have gone missing, as have recordings of two 911 calls from that morning.

> **Maybe in the past police got away with just ignoring people like us.**
> John Connelly

The pair has also questioned how their son sustained bruises to his forehead if he landed on his back, and why officers did not canvass the building for witnesses.

The couple's statement of claim further alleges that a blood-stained pillow case found in their son's apartment was misplaced without any forensic analysis being conducted.

The document also notes that neighbours allegedly reported seeing two "miserable looking men" entering the apartment days before the young man's death — an occurrence the suit alleges police did not investigate.

John Connelly said he and his wife believe their son was murdered, and have spent years approaching various oversight bodies in an effort to have the case reopened, including a failed push for a coroner's inquest.

The lawsuit is "one of the steps that we have to take now" in the quest for a new investigation, Connelly said.

"I'm sorry it came to this but this lawsuit is really about police accountability and it's really about how oversight deals with policing in the province," he said.

"Maybe in the past, police got away with just ignoring people like us, but in today's world, there's cellphone images, there's media, there's Internet, it's more and more difficult for them to do that."

Even if the suit doesn't lead police to revisit the case, it will surely reveal more information about the circumstances surrounding their son's death and the investigation, he said.

The Toronto Police Service did not immediately respond to a request for comment.

THE CANADIAN PRESS

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U.S. students turn to Canada

EDUCATION

UofT site traffic up 12 per cent from American visitors

Gilbert Ngabo
Metro | Toronto

As an American citizen studying in Toronto, Dan Proctor is constantly explaining the Canadian way of life to his friends back home.

Now, since Donald Trump's election win, he's also been acting as a guidance counsellor — fielding requests about what it takes to become an international student.

"I have friends who are seriously discussing possibilities of transferring to Canadian universities," said the third year economics and cinema studies student at University of Toronto.

Information from the university backs his claims. A day after Trump's victory, UofT's website for prospective students reported nearly 10,000 American visits — that's about 12 per cent increase from normal traffic.

UofT student Dan Proctor says friends back in the U.S. are asking him how they can study in Canada. EDUARDO LIMA/METRO

The school already receives an average of 350 American undergraduate students each year, and there's no reason to think that won't shoot up, said Richard Levin, the school's executive director of enrollment services.

"Students are always looking for a tolerant and inclusive environment to study," he said. "What happened in the election and the discussions there certainly heightened the fear and made Toronto a much more appealing place."

Both UofT and Ryerson confirmed they're increasing recruitment efforts south of the border.

"What's going on there is an opportunity for us to reach further and attract more brilliant brains," said Charles Falzon, dean of Ryerson's faculty of communication and design.

It's certainly frightening. I'm not surprised that many people would want to get out
Dan Proctor

Originally from Boston, Proctor said concerns about what a post-Trump America means are especially real for women, people in the LGBTQ community and people of colour. Many fear the election may have "legitimized" discrimination, he said.

"We've all seen the upswing in the openness of hate crimes and speeches in the U.S. since Nov. 8," he said, referencing the example of a recent conference of white nationalists in Washington, D.C., where people were seen giving the hail Hitler salute and making racist comments. "It's certainly frightening. I'm not surprised that many people would want to get out."

Queen's University party costumes spark debate

A group of party goers wearing Tibetan monk robes. TWITTER

As they walked between classes, stood in line to grab coffee, and wandered through the hallways of the John Deutsch University Centre on Wednesday, students across the Queen's University campus were debating and talking about racism- a conversation sparked after photos of students attending a party in offensive costumes went viral.

Photos from the party showed some party goers in jumpsuits wearing sombreros, while others were dressed in Buddhist robes, as Arab men, and as Viet Cong guerrillas. The theme of the off-campus event, which was a drinking tournament, was countries of the world.

Images from the party were posted on Twitter on Monday by Toronto comedian Celeste Yim.

"A very shockingly racist party thrown by Queen's students happened and the photos make me sick to my stomach," Yim tweeted. "The costumes are indisputably and unequivocally offensive, tasteless, and should not be tolerated. Context and intentions have no bearing."

The subsequent debate raged online, particularly in the Facebook group populated by students, Overheard at Queen's. Many decried the stereotypical outfits while others said the they were not offensive, and that reaction to the photos was overblown, saying people are becoming overly sensitive.

Queen's principal Daniel Woolf released a statement Wednesday saying that the provost will be gathering information to determine if the event falls within the Queen's Student Code of Conduct.

TORSTAR NEWS SERVICE

Making roller derby for all

Jen Taplin
For Metro | Halifax

There is way more to roller derby than eight wheels and an attitude.

And with a new expansion in the works, Anchor City Rollers — Halifax's roller derby league — are hoping a wave of fresh skaters will discover what the sport has to offer.

Stephanie Coffin said they're launching a new Low Contact program, an expanded Learn to Skate course, and financial assistance.

Coffin, who is director of the Learn to Skate program, said the course now has four trainers instead of one and has more availability.

And since some people drop out because of the intense competition, the league is starting a low-contact version.

"Competitive roller derby is a very high-contact sport, it's very rough and tough," Coffin said.

Roller derby, like any sport, has start up costs: It costs around $500-$750 for the course and gear.

"It is a huge barrier for some people," Coffin said. "We want to eliminate those barriers."

Skaters can now apply for a scholarship to help with the start-up costs.

When Shirley Jollimore started in January, she could hardly move a muscle afterwards.

"I could barely drive myself home at the end of it, I was so exhausted," said the 48-year-old mother of three.

"I would crawl up the stairs and my kids would be laughing at me ... but I would come home with a big smile on my face."

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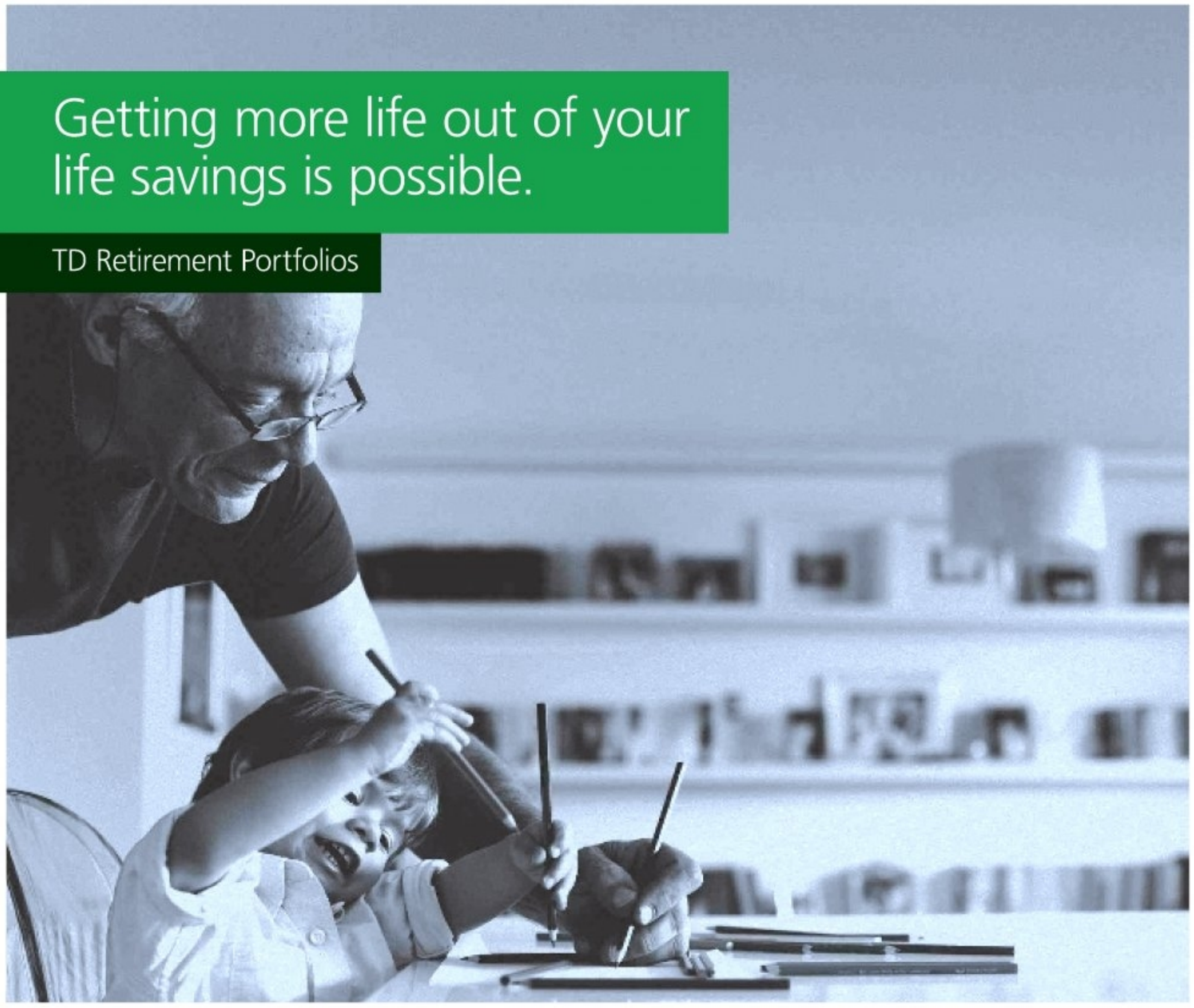

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QUEBEC

Ruling on hijab appealed

A Montreal woman who was told to remove her hijab by a judge is appealing a ruling that declined to clarify whether Quebecers have a right to wear religious attire in court.

Rania El-Alloul had sought a legal clarification from Quebec Superior Court after she was denied an appearance in a lower court because she was wearing a hijab.

Superior Court Justice Wilbrod Decarie ruled last month that the Quebec court judge's decision went against the principles of Canadian law protecting freedom of religion.

But he also said that although El-Alloul's treatment was regrettable, he could not guarantee she would be allowed to wear her hijab during future court appearances.

"Each case must be evaluated in light of the context that exists during the witness' appearance," he wrote in his decision.

On Wednesday, one of El-Alloul's lawyers said this case-by-case approach creates insecurity for his client and anyone else who may need to access the justice system while wearing religious attire.

"She would have to be worried every time whether she'd be heard or not, which might induce her to settle cases she shouldn't settle or not to go to court," Julius Grey said in a phone interview.

Grey also believes Decarie erred when he ruled it was out of his jurisdiction to make a declaration on whether all litigants have the right to wear religious attire in court.

"When you have a Charter issue, the procedure should not have the effect of depriving someone of their rights," he said.

THE CANADIAN PRESS

Minister vows action in face of military suicides

DEFENCE

Report reveals 18 soldiers took their lives last year

The federal government will spare no expense in caring for Canada's military personnel, Defence Minister Harjit Sajjan said Wednesday after a new report revealed 18 service members took their own lives in 2015.

The report, compiled and published by the top medical officer in the Canadian Forces, also concluded that many of the 18 military personnel had sought some type of mental-health treatment shortly before their deaths.

Brig.-Gen. H.C. MacKay's report also found growing indications that army members are more likely to take their lives than those in the navy or air force, as are soldiers who served on missions overseas, such as in Afghanistan.

The issue of military suicide is "a little more personal for me," said Sajjan, himself a veteran of the Afghan combat mission. The same is true for another Afghan vet: Gen. Jonathan Vance, the chief of the defence staff, he added.

The Liberal government is currently drawing up a new defence policy, which will lay out a vision for Canada's military for the next 20 years, touching on issues like equipment, troop numbers and the main security threats the country faces.

But Sajjan said the policy will also pay significant attention to supporting Canada's military personnel, the subject of much debate and criticism in recent years.

Regardless of whatever else is decided, Sajjan said, "the care of troops will be something we will always be sure is properly resourced."

Of the 18 members who took their own lives last year, 14 were men who were full-time soldiers, while one was female. The other three were reservists.

Of the 14, 10 had sought outpatient mental health care at some point — four in the month before their death and eight within the past year. In addition, nine had shown a previous inclination toward suicide, or had already tried at least once to take their own lives.

THE CANADIAN PRESS

BY THE NUMBERS

- Suicides by 14 male soldiers mark the third-highest total on record since 1995, exceeded only by 21 in 2011 and 16 in 2014. (Wednesday's report focused on full-time males due to the relatively small number of female and reservist suicides).
- There have been 239 suicides involving full-time servicemen between 1995 and 2015, and 82 between 2010 and 2015.

MONTREAL FIREFIGHTERS WORK TO LIMIT BLAZE Firefighters continue to battle a major blaze in an abandoned building in the central Plateau neighbourhood in Montreal on Wednesday. Officials said the fire spread to a neighbouring building housing condominiums and a restaurant and they were working to limit the damage. More than 120 firefighters were on the scene and authorities were asking people to avoid the area. GRAHAM HUGHES/THE CANADIAN PRESS

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BRITAIN

Neo-Nazi sentenced to life for killing Cox

A white supremacist who shot and stabbed a pro-European U.K. lawmaker while shouting "Britain first" was sentenced to life in prison Wednesday for a crime prosecutors called an act of far-right terrorism.

Jurors at London's Central Criminal Court deliberated for less than two hours before unanimously finding 53-year-old Thomas Mair guilty of murdering Labour Party legislator Jo Cox.

Mair fired three shots at 41-year-old Cox with a sawn-off .22 rifle and stabbed her 15 times with a 7-inch (17-cm) dagger outside a library in the area she represented in northern England on June 16.

The murder, a week before Britain's referendum on European Union membership, shocked the country. Cox was the first British lawmaker killed in office in a quarter of a century.

Mair did not visibly react as he was convicted of murdering Cox and wounding 77-year-old Bernard Kenny, a passer-by who was stabbed as he tried to stop the attack in Birstall, 200 miles (320 kilometres) north of London.

Judge Alan Wilkie sentenced Mair to life with no chance of parole for the "brutal and ruthless" killing.

The judge said the murder had been carried out to advance a political cause "of violent white supremacism associated with Nazism."

Cox had been a prominent voice arguing for Britain to remain in the EU, during a divisive and often angry referendum campaign that focused heavily on the issue of immigration. She had also urged Britain to take in more refugees fleeing violence in Syria. THE ASSOCIATED PRESS

'I have no worries': Dalai Lama hopeful for Trump

GOVERNMENT

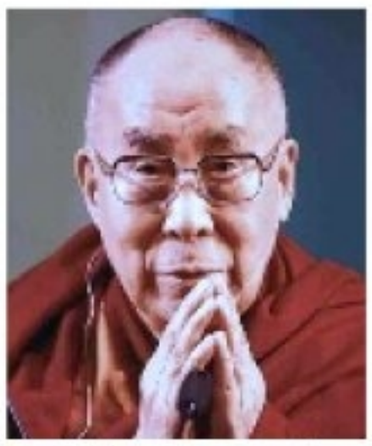
No meeting yet planned between spiritual leader, president-elect

Exiled Tibetan spiritual leader the Dalai Lama said Wednesday he has "no worries" about Donald Trump's election as U.S. president, adding that he expects the businessman will align his future policies with global realities.

The 1989 Nobel Peace Prize winner's remarks were his most extensive yet regarding the election of the real estate tycoon and reality television star who has called for putting America's concerns first and shown little interest in Washington's traditional espousal of global democracy and social justice.

Commenting at the conclusion of a four-day visit to Mongolia, the leader of Tibetan Buddhism said he looks forward to seeing Trump at some point following the Jan. 20 inauguration. Such meetings usually draw protests from Beijing, which accuses the Dalai Lama of seeking to split Tibet from China.

The 81-year-old monk said he has always regarded the U.S. as the leader of the "free world" and wasn't concerned about remarks made by Trump during the election campaign. Some of those comments have been cited as offensive to Muslims, Hispanics and other U.S. minority groups.



The Dalai Lama expects the President-elect will align policies with global realities. AFP/GETTY IMAGES

"I feel during the election, the candidate has more freedom to express. Now once they (are) elected, having the responsibility, then they have to carry their co-operation, their work, according (to) reality," he told reporters in the Mongolian capital, Ulaanbaatar. "So I have no worries."

Tenzin Dhardon Sharling, spokeswoman for the self-declared Tibetan government-in-exile in the northern Indian town of Dharamsala, said she was not aware of any plans for a meeting between the Dalai Lama and Trump.

She said the Dalai Lama and the Tibetan exile community have enjoyed good relations with successive U.S. presidents and expected that to continue under a Trump administration.

"His holiness has always put great hope in the U.S. as a champion of democracy. He hopes for continued support from the new president and his government," she said. THE ASSOCIATED PRESS

GOBBLE-GOBBLE

TURKEYS GET PUNNY PRESIDENTIAL PARDONS

President Barack Obama got the holiday mood started at the White House on Wednesday with the traditional pardoning of the national Thanksgiving turkey, this time with his nephews standing in for daughters Malia and Sasha.

The light-hearted ceremony in the Rose Garden also featured Iowa-raised turkeys Tater and Tot, with the latter receiving the formal reprieve.

Obama said he has used the past pardoning ceremonies to embarrass his daughters with a cornucopia of bad jokes about turkeys. "This year, they had a scheduling conflict. Actually, they just couldn't take my jokes anymore," the president said.

His nephews, Austin and Aaron Robinson, filled in admirably. Obama joked they had not yet been turned cynical by Washington. "They still believe in bad puns," Obama said. "They still have hope." GETTY IMAGES

Displaced Iraqis who fled Mosul receive food and drinks on Wednesday in Bartalla, east of Mosul. AFP/GETTY IMAGES

IRAQ

Thousands fleeing Mosul amid battle

They came by the hundreds — men, women and children fleeing the battle for Mosul, some bloodied and crying out for help. So large was the crowd on the road that Iraqi troops initially ordered them back, worried that a Daesh suicide bomber could be hiding among them.

Mosul's residents are fleeing in growing numbers as Iraqi forces push deeper into the country's second largest city, and the battle-hardened extremists are fighting for every block, exploiting the dense urban terrain and using civilians as human shields.

On Wednesday the tide of displaced people reached the Samah district, where Iraqi medics treated dozens of wounded, including at least six soldiers.

At one point, four children and a man from the same family were rushed into the station, bleeding heavily as their relatives wailed in grief. A mortar round had slammed into the inner courtyard of their home. A few minutes after being brought to the aid station, a 16-month-old girl with a head wound was pronounced dead.

Then the main rush came — hundreds of civilians racing forward on a dirt road. The troops ordered them to halt, saying they had intelligence that Daesh might send suicide bombers disguised as civilians. One of the men raised his shirt to show that he wasn't armed, saying he was desperate for food.

Mosul, which fell to Daesh in the summer of 2014, is still home to more than 1 million people. Fearing a mass exodus, authorities have urged residents to stay inside their homes. But the presence of civilians has prevented the U.S.-backed Iraqi forces from using overwhelming force, slowing their advance and prolonging the city's agony.

The UN says at least 68,000 people have fled the fighting in Mosul, including 8,300 over the past four days.

Later on Wednesday, Iraqi soldiers arrived from the front lines with a man who was bound and hooded. They said they had caught him burning tires to help the militants hide from airstrikes and the drones that buzzed overhead. Trembling, the man said he had been forced to aid the extremists. THE ASSOCIATED PRESS

Schlitterbahn Waterparks and Resorts Verruckt waterslide in Kansas City, on which a state lawmaker's 10-year-old son was killed in August. THE ASSOCIATED PRESS FILE

WEATHER

Late-season storm hits Central America

An unusually late-season Tropical Storm Otto swirled over the Caribbean just off Central America on Wednesday heading toward a possible landfall as a hurricane in Costa Rica, which hasn't seen such a storm since reliable record-keeping began in 1851.

Heavy rains from the storm were blamed for three deaths in Panama, and officials in Costa Rica ordered the evacuation of 4,000 people from its Caribbean coast.

The U.S. National Hurricane Center said the westward-moving storm had weakened slightly overnight down to tropical storm status, with winds of 70 mph (110 kph). But it said the storm would likely recover hurricane force and make landfall Thursday in the border region of Nicaragua and Costa Rica.

The storm caused heavy rains in Panama as it moved roughly parallel to that nation's northern coast.

Jose Donderis, Panama's civil defence director, said a landslide just west of Panama City early Tuesday trapped nine people. Seven were rescued but two were pulled from the mud dead. In the capital, a child was killed when a tree fell on a car outside a school.

The country "faces one of the worst meteorological situations, with imminent risk," Donderis said. Panamanian authorities cancelled school and began to release water from the locks and lakes feeding the Panama Canal.

Costa Rica's evacuation effort were expected to involve plane, boat and road in the low-lying coastal areas.

Costa Rican President Luis Guillermo Solis said Otto could damage the country's important coffee and agriculture sectors.

Early Wednesday, the hurricane was moving westward at 5 mph (7 kph), the U.S. hurricane centre said. Otto was centred about 235 miles (375 kilometres) east-northeast of Limon, Costa Rica.

THE ASSOCIATED PRESS

Ride to be demolished

KANSAS CITY

'Proper course of action' after 10-year-old's tragic death

A 168-foot-tall Kansas waterslide on which a state lawmaker's 10-year-old son was killed last summer will be demolished once the investigations of the tragedy are finished, the water park's operators said.

Schlitterbahn Waterparks and Resorts and the family that runs it said in a statement Tuesday that the "Verruckt" ride at the Schlitterbahn park in Kansas City, Kansas, will be permanently removed from its tower "once the investigation is concluded and we are given permission by the court."

"In our opinion, it is the only proper course of action following this tragedy," the statement read, adding that "all of us at Schlitterbahn have been heartbroken over the tragedy that occurred on Verruckt."

Billed as the world's tallest waterslide, Verruckt has been closed since Caleb Thomas Schwab died on the ride Aug. 7.

Two women in the raft were injured.

Attorneys for the Schwab family — Caleb's father is Republican state rep. Scott Schwab — and the women are independently investigating the accident. No charges or lawsuits had been filed as of Tuesday.

Verruckt, which is German for "insane," featured multi-person rafts that made a 17-storey drop at up to 70 mph, followed by a surge up a hump and a 50-foot descent to a finishing pool.

Riders were required to be at least 54 inches tall. Riders are weighed to ensure that each raft carried between 400 pounds and 550 pounds.

The regulation of waterslides and other amusement rides has drawn scrutiny since Caleb's death. Kansas requires annual inspections of permanent amusement park rides, but allows private inspectors to do the checks. Schlitterbahn Waterparks and Resorts said in its statement Tuesday that it has been co-operating with investigators and the victims' families and attorneys, noting that "the safety of our staff and our guests is our top priority."

"In our 50 years of providing an environment for families and friends to gather," the statement read, "we've never experienced this kind of devastating event."

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Trailer Park Boys have a dope idea

MARIJUANA

Working to have name on pot brand when legalized

Jen Taplin
For Metro | Halifax

They've got the whiskey covered, now onto the weed.

Trailer Park Boys inked a contract with OrganiGram Holdings Inc, a Moncton-based producer of medical marijuana, to brand their recreational marijuana product when it is legalized.

Last year the Trailer Park Boys, the Nova Scotia-filmed TV show which spawned two movies, launched their own Liquormen's Ol' Dirty Canadian Whiskey.

On Wednesday, OrganiGram announced a branding partnership. Ray Gracewood, chief commercial officer at OrganiGram, said the deal has been in the works for about a year.

"It began with both sides, in a forward-looking way, understanding the importance of brands within the recreational market space," he said. "We both have a strong Maritime connection and we're unique within our industries of being from the Maritimes."

Basically Trailer Park Boys bring the lifestyle and OrganiGram will have the product — if or when it is legalized.

Gracewood said when recreational marijuana is legalized, they will be the only licensed producer with an active selling license in the region.

THE NEXT STEP

Now the contract is signed, Ray Gracewood said the next step is to do a full creative development of what the brand and packaging will look like.

"We see there is great value within the future recreational cannabis market for the Trailer Park Boys brand."

Louis Thomas, president of Sonic Entertainment Group which represented TPB Productions Ltd., said in a statement they've been monitoring the cannabis marketplace and felt OrganiGram was a good fit.

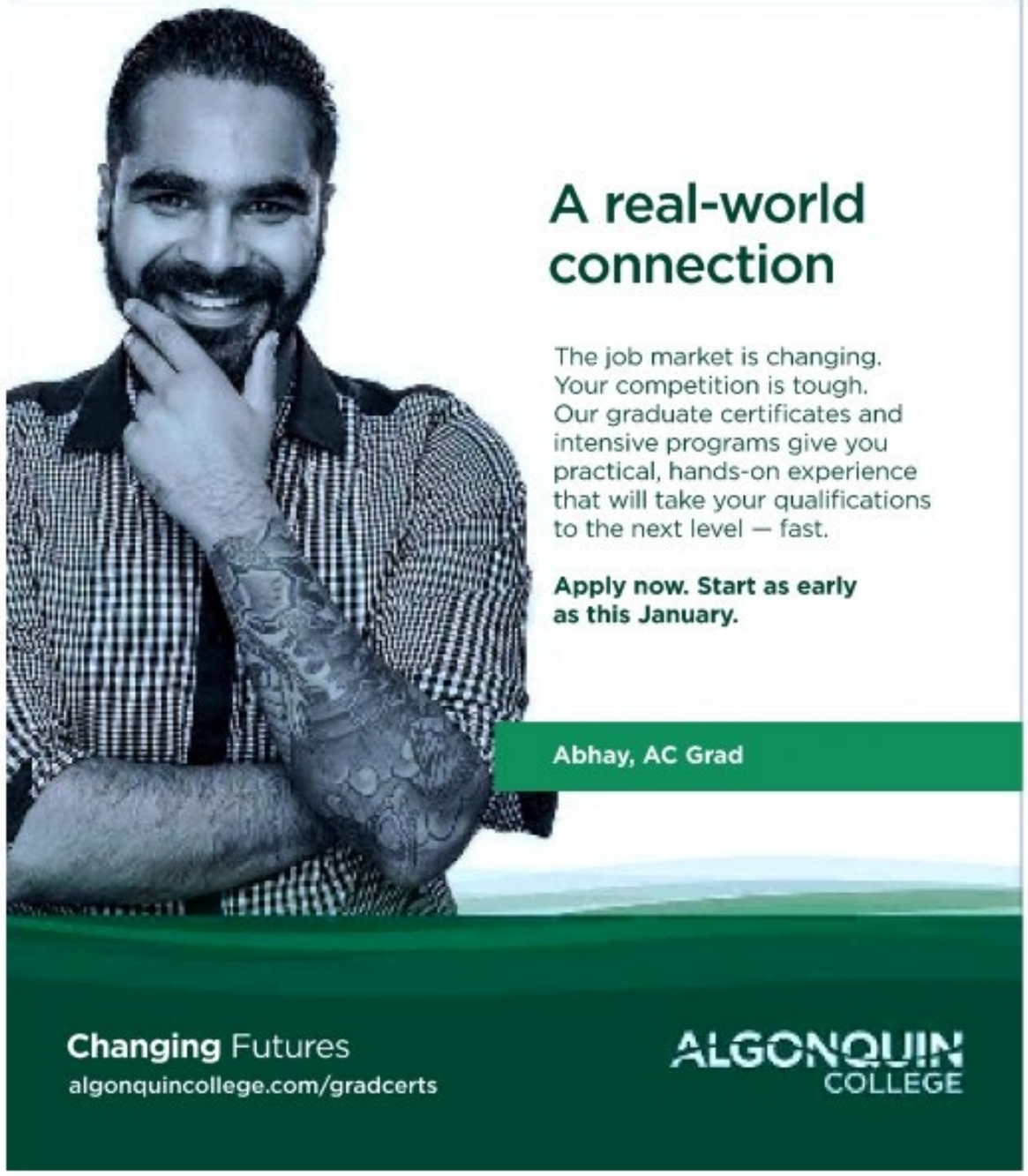
It's a five year, exclusive branding partnership which involves a combination of royalties and non-monetary considerations.

The Liberal government has said they could introduce legislation in 2017 after examining the report from a task force.

Even though recreational marijuana is not even legal, Gracewood said they're just getting ready for the eventuality. If it doesn't happen, a caveat in the branding contract says the nature of the agreement would change.

"Having a strong celebrity-endorsed brand is part of our portfolio is very much part of our strategy."

The Trailer Park Boys, under a branding partnership with OrganiGram Holdings Inc., are looking to bring their lifestyle image to a pot brand when legalized. CONTRIBUTED/THE TRAILER PARK BOYS



UNITED STATES

Potential conflicts of interest looming over president-elect

After Ivanka Trump appeared on CBS's 60 Minutes wearing a $10,800 US bracelet from her jewelry line, photos were sent to fashion writers to drum up free publicity. A firestorm of criticism erupted over the impropriety of profiting off the presidency.

If only the bracelet brouhaha was the end of it. A look at five areas where conflicts may arise:

NEW HOTEL

For use of the Old Post Office for his new Washington hotel, Trump agreed on annual rent to the government. In addition, the president-elect agreed to additional annual payments based on how well the hotel is doing. Such payments typically require drawn out negotiations each year.

"How can anyone expect a government employee to treat the Trump family like any other contractor?" asks Steven Schooner, a professor of government procurement law at George Washington University who has studied contract.

As president, Trump will have the authority to appoint a new head to the General Services Administration, the federal agency that signed the lease with Trump and will negotiate the rent each year.

Business could get a lift if foreign dignitaries decide to stay at the new hotel to curry favour with the new president.

FOREIGN AFFAIRS

Trump's extensive operations abroad raise the possibility that his foreign policy could be shaped by his business interests, and vice versa. Trump has struck real estate deals in South Korea, the Philippines, Indonesia, Uruguay, Panama, India and Turkey, among other countries.

Trump's business ties will raise suspicions that he is getting special deals abroad because he is president, and that this runs the risk of violating the Emolument Clause that forbids public officials from receiving gifts from foreign governments without the consent of Congress.

TRUMP LENDER

One of Trump's biggest lenders is Deutsche Bank, a German giant in settlement negotiations with the Department of Justice on its role in the mortgage blowup that triggered the 2008 financial crisis.

Will a Justice Department under Trump go easy on the bank? Trump will nominate the head of that agency, too.

TAX AUDIT

Trump has cited a long running audit by the Internal Revenue Service in refusing to release his tax returns. The president nominates the commissioner of the IRS who serves for five years.

Trump will also get to make appointments to the National Labor Relations Board, which rules on labour disputes. In July, the board ruled against Trump in a case involving workers trying to unionize at the Trump Hotel Las Vegas. The Trump Organization lists six other hotels in the U.S.

FLURRY OF LAWSUITS

Trump said Friday that he agreed to pay $25 million to settle three lawsuits alleging fraud at his Trump University so he could focus on his preparing for his presidency. But this could also bring problems, as Trump himself has acknowledged previously.

"When you start settling cases, you know what happens?" he said earlier this year. "Everybody sues you because you get known as a settler."

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metro VIEWS
Your essential daily news
Thursday, November 24, 2016

VICKY MOCHAMA
ON RACISM BY MANY OTHER NAMES

Some students at Queen's University thought it was a good idea to dress up as ethnicities for a party. It was not a good idea.

There was a brief moment where we could be proud that Halloween had passed without a major conflagration.

Blackface Christmas had passed and all through the land, not a column had to be written on it. Then, last Saturday.

Some students at Queen's University in Kingston, Ont. thought it was a good idea to dress up as ethnicities for a party.

It was not a good idea. Not just because costume parties are awful. Not only because most of those dressed up as Buddhist monks, Viet Cong guerrillas and Middle Eastern sheikhs were white. But also because other people's culture's are not costumes.

The photos from Saturday's Beerfest party are pretty jarring but the most striking photo of the bunch is of three young black men in the middle of the event. It has since been removed from Facebook but in it, they're dressed in jeans, thin T-shirts and puffy jackets, which is one of five style options currently available to all young men. In the picture, they stand unsmilingly in a way that evokes Jim from The Office looking into the camera. Their stillness breaks the fourth wall as if to say, "Are you seeing this too?"

The cycle of outrage is familiar, but the lesson bears repeating. When it comes to white people making fun of the cultures of marginalized people, the joke is too soon.

At moments like this, considerable effort is put into explaining how a benign-seeming, unthinking act ("Let's go as Chinese food!) is, when done by a white person, a form of racism. (It's also a form of internalized racism when people of colour are complicit in it.) Individual acts of conscious or unconscious racism are still racism.

History shows that those who believe in justice for non-white people have been opposed at every turn by those who vehemently disagree.

More on that R-word later.

Considerable effort is also, and indeed as has been, put into explaining that actually this isn't real racism. That this is just "outrage" and "identity politics" and "political correctness." That this is precisely the sort of distraction from the "real issues" that led to Trump's rise.

The form of discourse referred to, often derisively, as political correctness, diversity or identity politics consists of much more than theoretical ideas and rhetorical posturing. It's about correcting for a history that has been horrible to so many groups on the basis of their race, gender, sexuality, religion, ethnicity and class. It's about the push and pull between those who've been told the world is theirs and those who have to demand their right to be in it. It's about the safety of those men of colour who went to party with their friends only to find out their friends might be racists.

It's about justice and equality.

A line can be drawn from abolitionists to civil rights protesters to Black Lives Matter activists. The parallel line, however, is longer: from slave owners to the Ku Klux Klan to the alt-right movement.

History plainly shows that those who believe in justice for non-white people have been opposed at every turn by those who vehemently disagree. This disagreement, on the issue of basic entitlement to one's humanity, is rightly called racism.

For those of us who are the recipients of it, racism is simply the most apt and specific way to describe the events in our lives. But its directness scares people. Whiteness is so fragile that an accurate description is too much to bear.

So instead of calling a racist by name, we've developed language that distances individual people from racist acts. Police aren't "racists"; rather, they may occasionally "exercise" "bias." The neighbours aren't "racist"; rather, they're concerned about "school quality." Media isn't a tool of "white supremacy"; rather, it lacks "diversity."

This is how young privileged students at Queen's University come to believe that their party does no harm. It's how young privileged white men like Stephen Harper's son Ben (himself a Queen's student) believe they're equipped to define for others what racism really is. (As an aside, what is this real racism that only white men can see?) This event should put to rest the idea that racism is an effect of poor education or poverty.

The insidiousness of racism lies in the way it erases its tracks. Suddenly, things with racist overtones may have happened and yet no one is a racist.

CULTURE-AS-COSTUME Queen's University students dressed as Mexican luchador wrestlers pose for a photo at a party last Saturday. TWITTER

Under Trump, racism will have powerful ally

Linda McQuaig

I guess we should be glad that no member of the Trump family or transition team actually attended the white supremacist event in Washington last weekend where Trump's victory was celebrated with Nazi salutes.

For those looking for good news in the face of Donald Trump's presidential victory, these are the sort of slim pickings on offer.

And, sure, let's remain optimistic, but it's important we not lose our sense of horror and outrage, or allow our moral goalposts to be moved.

Nor should we get lulled into feeling grateful for any tidbit of normalcy from Trump. Just because he says he's rethought plans to bring back torture or to jail Hillary Clinton, he's still appointed as his top adviser Steve Bannon, overseer of the website Breitbart, which specializes in provocatively stirring up tensions, particularly racial ones. If Trump didn't want to stir up racial tensions, would he pick that guy?

I've always been amazed at the way Americans routinely describe their country as "the greatest democracy on earth," without considering how that characterization fits with its history of genocide against Native Americans and more than two centuries of slavery. The fact that slavery was central to the American experience is rarely acknowledged, with little attempt to make amends.

This has left a festering wound covered by a band-aid.

Not all Trump supporters want to restore the Confederacy. Many are economically suffering workers duped into believing Trump will help them, or high-income urbanites excited about promises of gigantic tax cuts for the rich. But the soft, itchy underbelly of American racism has been given a good scratching by Trump, who for years kept alive birther attempts to discredit the first black president.

Whatever damage Trump is likely to do around the globe, at home — under the guidance of master provocateur Bannon — he is almost certainly going to pick a fight with the Black Lives Matter crowd. And when he does, the man who will be there to ensure justice is done will be Trump's new attorney general, Jeff Sessions.

The Alabama senator's racial comments led to his rejection as a judge by the Republican-dominated U.S. Senate in 1986. Less well known is the insidious role Sessions played in preserving Alabama's long history of separate and unequal education. In the 1990s, 30 of the state's poorest — which is to say blackest — school districts and a disability rights group successfully challenged the system, with an Alabama judge ruling it unconstitutional. Sessions, then Alabama's attorney general, fought to ensure ongoing inequality, using his office to wage a fierce two-year battle to overturn the decision.

Given Sessions' history, it's not hard to imagine how, as the nation's attorney general, he'll clamp down on black street protesters, stripping away their civil liberties and emboldening police.

Sessions and Bannon will be fighting their old racial battles, only this time the president will have their back.

Linda McQuaig is a journalist and author.

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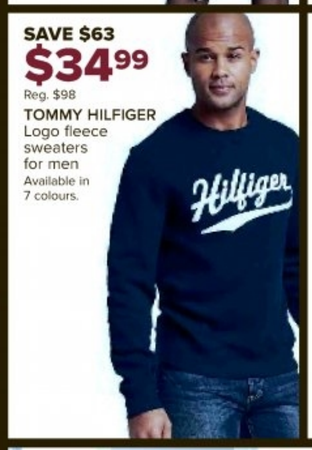

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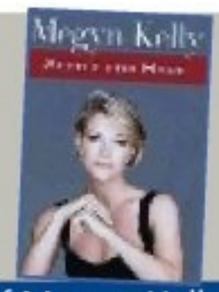

Pro-Trump Reddit forum floods Amazon with negative reviews of Megyn Kelly's memoir

5 PALETTES FOR THIS HOLIDAY SEASON

Whether you are looking for a glamorous New Year's Eve look, something you can wear to the office Christmas party or a palette you can take on a vacation, these holiday sets will help you put together the perfect makeup looks for the season. SAMANTHA EMANN/METRO CANADA

1 Kat Von D Metal Matte

Different from the warm brown and berry shades of many of the other holiday offerings, this palette contains mostly cool-toned shadows. The shimmers and mattes are all smooth and highly pigmented. There are some bright, stand-out colours as well as more toned-down neutrals and pastels. Because of its bigger size, it is not the most travel friendly. Despite that the beautiful colours and package artwork make it my favourite of the bunch. AVAILABLE AT KATVONDBEAUTY.COM

2 Urban Decay Naked Ultimate Basics palette

This all-matte addition to the iconic Naked line puts a little colour into this neutral-toned series. With beautiful rose-gold packaging it departs from the others with its square shape and a mirror to match. The 12 shades are similar to the quality of the original, smaller Naked Basics palettes. If you are looking for a palette that is good for everyday, work-appropriate looks, this is it. Blend with care because these shades can get a little muddy. AVAILABLE AT SEPHORA OR URBANDECAY.CA

3 Grande Hotel Café palette collection

Have multiple makeup junkies on your gift list? This set, though at a higher price point, offers three mini eye shadow and blush combo palettes that would make cute gifts as a set or individually. They each contain a different colour scheme and even different holiday-themed scents like eggnog latte and peppermint mocha. The main packaging is cute but a little bulky. AVAILABLE AT SEPHORA OR TOOFACED.COM

4 Nyx Love Contours All and Wanderlust palettes

Looking for a holiday gift or look on a budget? The Love Contours All palette contains the brown and berry shades of the season, offers some face highlight and contour, and even brow shades to help complete your look. This palette is a great gift for someone who is looking to dip their toes into the makeup world. The travel-friendly Wanderlust palettes contain six shadows and a lip colour that complements those shades. Some of my favourites of the Wanderlust series for the season include Madrid, Copenhagen and Vancouver. AVAILABLE AT SHOPPERS DRUG MART

5 Tarte Pretty Paintbox Set

This holiday offering from Tarte is perfect to take on that winter vacation to somewhere warm and sunny. You will have almost everything you need from blush, highlight, contour and bronzer to a full-size eyeliner and mini mascara and lip paint. All of this is contained in the same cute zip-up box the size of a book and also manages to include a small mirror. The amount and shade range of eye shadows just adds to the appeal. AVAILABLE AT SEPHORA

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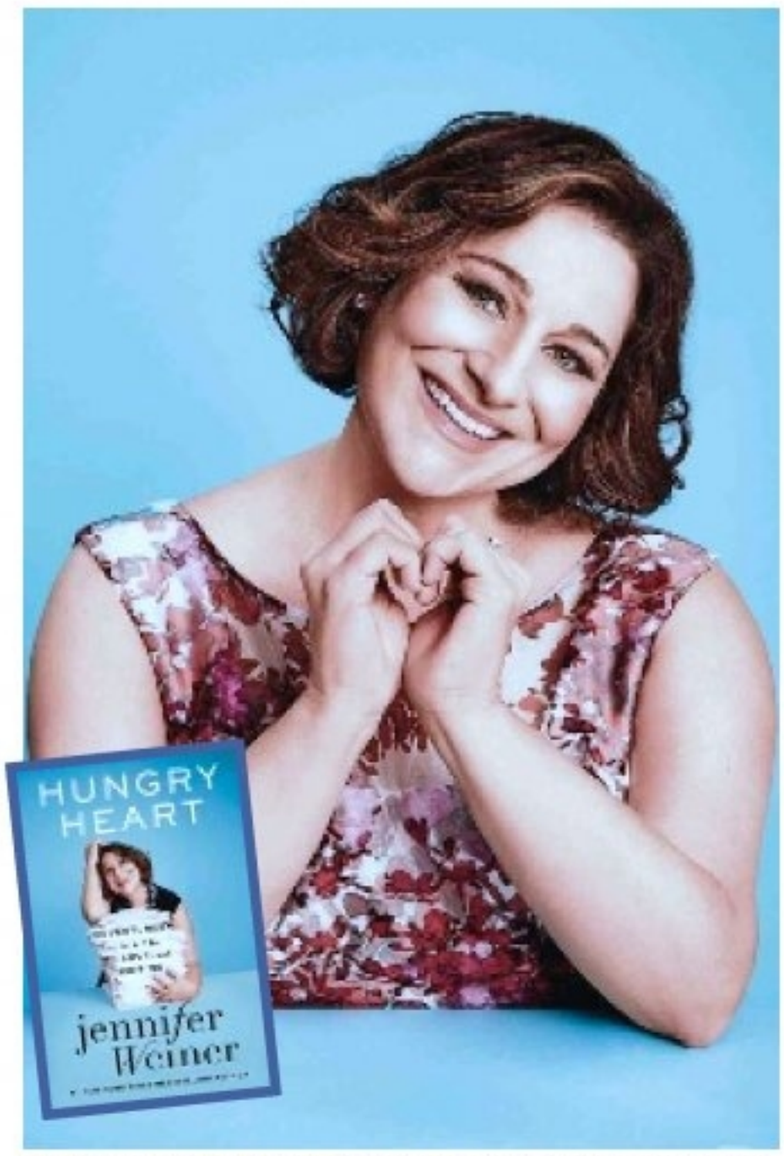

In Hungry Heart: Adventures in Life, Love, and Reading, best-selling author Jennifer Weiner reveals how she has used her personal life as inspiration for her novels. CONTRIBUTED

Beyond 'shoes and bags and husband-hunting'

INTERVIEW

Weiner covers some tough times in her new memoir

Sue Carter
For Metro Canada

When Jennifer Weiner woke up on Nov. 9, the morning after Donald Trump won the U.S. election, she asked herself, "What am I doing?"

For a moment, the best-selling author — who has sold millions of copies of her 14 books, including Good in Bed and In Her Shoes — thought about giving it all up. "I'm writing novels, shouldn't I be marching in the streets for the next four years?" Weiner questioned. But then she reasoned: "Stories have power and stories make a difference."

Weiner is disheartened that "there are a lot of people in America who seem to be OK with a really cruel, really vulgar, really angry kind of misogyny," but it's now fuelling her work. While some authors shy away from the word "activism," she doesn't have a problem. Weiner has always made it clear whom she is writing for, and why. "I think about what I read in school and as an English major in college, and it was white guys, white guys, white guys, white guys. Occasionally they would throw you Virginia Woolf or Jane Austen, but mostly we learned … that male voices and male stories were what mattered," she says. "I've always been pretty outspoken about the idea of women's stories mattering and being as important as the stories that men tell."

From the onset of her career, Weiner, whose name became synonymous with the now out-of-fashion, often-derogatory term "chick lit," publicly fought those who mocked the genre's glittery feminine covers and focus on "shoes and bags and husband-hunting," as she writes in her new memoir, Hungry Heart: Adventures in Life, Love, and Reading. The essay collection includes some of Weiner's early writing, dating back to her first newsroom jobs after graduating from Princeton University.

Despite her confidence and the fact that Weiner is far from a newbie when it comes to writing personal essays, she admits that the memoir felt a bit like walking on a tightrope. "If you look down, if you start thinking too hard about who's going to read this and what they're going to think and what they're going to say, you can just scare yourself into just total immobility," she says.

Hungry Heart covers broad and intimate territory, including Weiner's early school days as an introverted, book-loving outsider; boyfriends and babies; and her challenges with weight gain and loss. She openly reveals how she has used her personal life — including break-ups and her mother's late-in-life coming out as a lesbian — as inspiration for her novels.

The book also covers some tough and emotional times. In particular, Weiner says her father's addiction and subsequent death was difficult to put on the page, but she felt she needed to push through for her readers. "Even though it was hard and it was dark and it was no place I wanted to go, I thought I can't be the only one that something like this has happened to," she says "I think that shame is such a big issue for women."

Breaking that cycle of shame has always motivated Weiner. "I think that so many of us have been told that we need to feel ashamed of the way we look or the way we sound or what we want or how our lives have been," she says. "I thought, if I tell this story and somebody feels less ashamed and less alone, I will have done my job."

Sue Carter is the editor at Quill & Quire magazine.

Darlings of the burgeoning poetry scene

SPOKEN WORD

Performances become a viral sensation for 25-year-old

Genna Buck
Metro Canada

When Sabrina Benaim was going through surgery for a thyroid tumour at the age of just 25, her best friend noticed that the very real lump in her throat was causing her to "swallow her words," both literally and figuratively.

She signed Benaim up for a spoken-word poetry class at OCAD University.

That was back in 2013.

Now Benaim is a darling of the Canadian spoken-word poetry scene and at the forefront of a huge shift in the way young people are interacting with verse.

That initial class led to public readings, then the underground tournament at the Canadian Festival of Spoken Word in Winnipeg, and a stint on Toronto's competitive slam poetry team. Her first book is coming out soon. With lines like, "When I say hello, I mean thank you. When I say thank you, I mean I adore you and when I say I adore you, I mean I will check your horoscope," Benaim's performances have become viral sensations.

Her work speaks to a generation of young people whose first encounter with poetry is less likely to be in a classroom than on social media.

Button Poetry, a multiplatform publisher with 600,000 YouTube subscribers, gave Benaim her big break two years ago: Her poem Explaining my Depression to my Mother has four million views. Some performances on the channel have upwards of 10 million.

"In my experience, with my poem exploding, 90 per cent of the messages I received — and I receive a good amount of messages, still — are 'Thank you for putting into words what I couldn't put into words,'" Benaim said.

"I think the resurgence of spoken word, honestly, is that we're feeling very disconnected with the world we're living in, with social media being kind of a barrier. It opens us up to everybody but it also closes us off in a lot of ways."

The corporate world is taking notice of the trend. Verses from Somali-British poet Warsan Shire appear on Beyonce's visual album Lemonade. Spoken-word artists performing their own work provided the soundtrack to Sport Chek's "What It Takes" series of Olympic ads this past summer (Benaim narrates the third TV spot in the series).

It doesn't get more mainstream than that.

One of Benaim's early influences was the spoken-word poet Sarah Kay, who is best known for her viral 2011 TED talk If I Should Have a Daughter.

FIVE YOUNG POETS TO WATCH OUT FOR

PHOTO BY KP KAUR

Rupi Kaur

Born in India but raised in Brampton, Ont., 24-year-old Rupi Kaur is known as "the insta-poet" because she gained fame for her short poems and whimsical line drawings on Instagram.

Daniel Tysdale

This Saskatchewan-born poet, who now teaches at the University of Toronto is known for his Everything You Need to Write a Poem TEDx talk and his Fauxccasional series of poems on YouTube, which explore alternate histories.

PHOTO BY ANDREA CHARISE

Sachiko Murakami

A widely published poet who hails from the west coast, Marikami mines Facebook for poetry prompts. One result was a series of poems about people's airport stories.

Chimwemwe Undi

Undi's performances meld playfulness and humour with storytelling about religion and the immigrant experience. She's a veteran of the Winnipeg youth poetry slam.

Andre Prefontaine

This prairie native is a regular in the Toronto spoken-word scene and international competitions alike with pithy, occasionally X-rated haikus.

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Author apologizes in public statement

CONTROVERSY

UBC prof says a judge found he had affair with student

Author Steven Galloway has issued his first statement since he was suspended a year ago by the University of British Columbia over what it has only described as "serious allegations."

He was fired as creative writing chairman in June under a veil of secrecy. He said in the statement issued Wednesday by his lawyers that the "harm flowing from UBC's conduct" has reached such a level that he asked his counsel to provide clarity.

Galloway confirms that he was accused of sexual assault but says the only complaint substantiated by a former judge's investigation was that he had an affair with a student.

"Mr. Galloway profoundly regrets his conduct and wishes to apologize for the harm that it has caused. He does not seek to minimize it or to hide from it," the statement says.

The university tasked Mary Ellen Boyd, a former B.C. Supreme Court judge, with investigating complaints against Galloway in December. Her report, submitted in April, has never been made public.

Galloway's statement says after an exhaustive review of all evidence, Boyd found on the balance of probabilities that Galloway had not committed sexual assault.

Of the other allegations made against him, the statement says Boyd found that one constituted a violation of university policy. She found he engaged in "inappropriate behaviour" with a student while both were married, and that the affair lasted two years, it says.

> **He seeks fair treatment for all involved, and en end to the scurrilous assertions and accusations that have proliferated in the vacuum of information.**
> Steven Galloway's statement

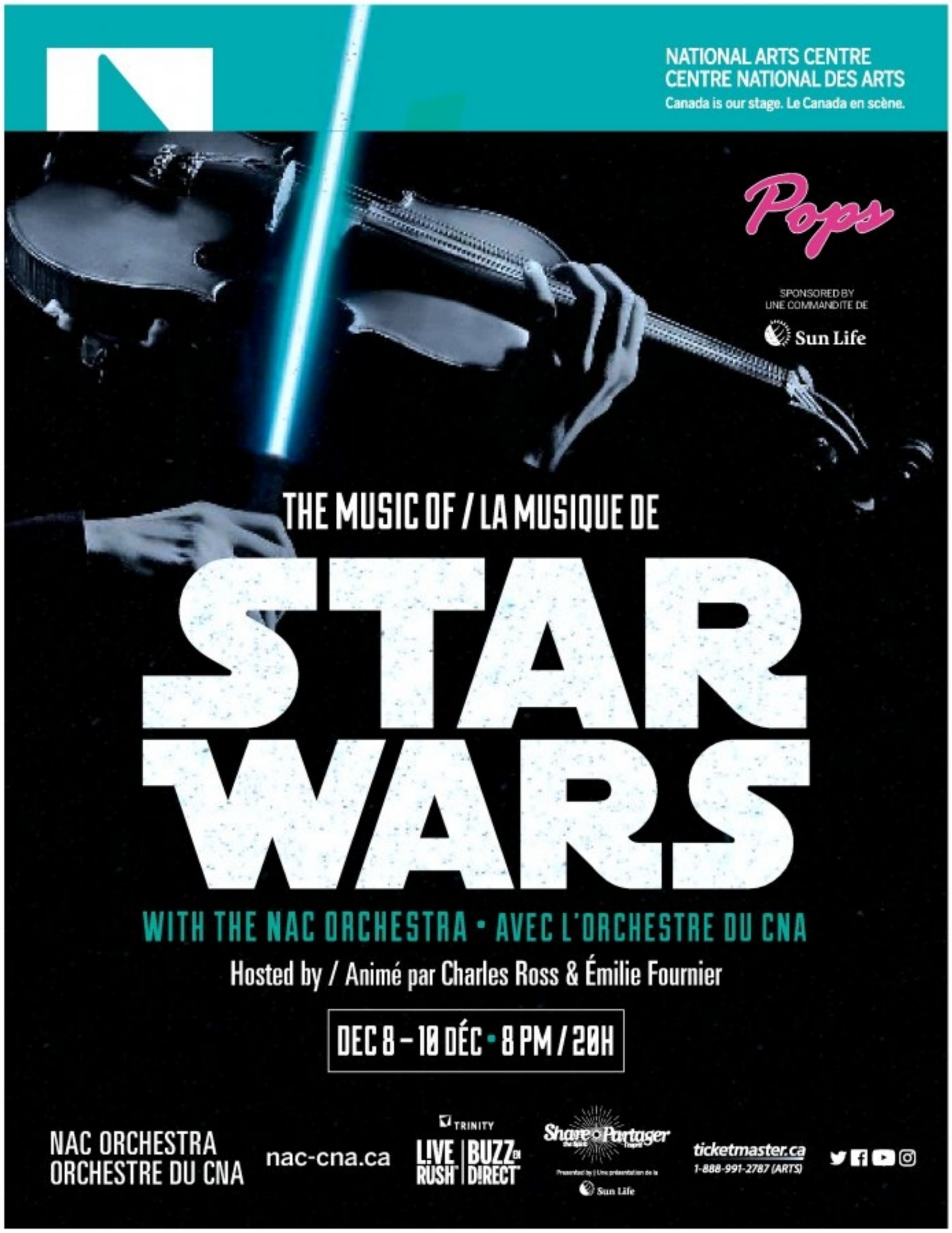
The statement says Galloway has grave concerns with the investigative process followed by the university, including but not limited to the way it chose to communicate with the public.

Last week, 88 prominent authors, including Margaret Atwood and Joseph Boyden, signed an open letter calling for an inquiry into the school's handling of the case. After being accused of silencing women who might come forward in the future, Atwood issued a brief apology Wednesday.

The Canadian Press has spoken with five people who filed complaints based on behaviour they say they witnessed or experienced. They said the complaints included sexual harassment, bullying, threats and an incident in which Galloway is accused of slapping a student.

THE CANADIAN PRESS

Steven Galloway TORSTAR NEWS SERVICE FILE



Why we need feminist killjoys

Erin Wunker says being vocal is more important now than ever. SUPPLIED

INTERVIEW

Author, prof Erin Wunker not afraid to speak up

Erin Wunker is a feminist killjoy. She didn't invent the phrase but she wrote the book on it — literally. Notes from a Feminist Killjoy: Essays on Everyday Life was released this month by BookThug, a Toronto indie publisher.

A feminist killjoy, according to Wunker, is a paradoxical figure "who takes pleasure in the work of interrupting the patriarchal norms that pass as joys." Feminist killjoys are critical of happiness derived from oppression — an off-colour joke, an old boys' club, outdated expectations of how women should look or act, many of the comments about women, Muslims, black people, Hispanics, disabled people and other groups made by a certain president-elect.

"She will not tolerate casual instances of racism or classism. She won't keep quiet to maintain a smooth dinner conversation," writes Wunker, who credits U.K. feminist scholar Sara Ahmed with first using the term.

Torstar News Service spoke with Wunker, a literature professor at Acadia University, from Nova Scotia, where she lives.

What does a feminist killjoy do?
A feminist killjoy calls out and refuses to be complacent with the so-called joys of patriarchal culture. It can come in the form of an uncomfortable holiday dinner conversation where you have to say, "Well, actually, family member, you just made a racist statement." It can also come in the form of speaking out among your friends or public places or the media.

What are some of those joys that might be problematic?
Just thinking about the U.S. election, as a white woman voter, voting for a racist white man is in some way an act of enabling white supremacy. The fact that white women overwhelmingly voted for Trump instead of a woman is a clear indication of the ways in which we learn patriarchy and misogyny. We get born into and learn those systems. We look for somebody with the most power and if it's a woman, you say, "That can't be right." And you look elsewhere.

You argue in the book that patriarchal culture is so pervasive as to be invisible. But do you think the presidential campaign made some of that more visible?
Yes, absolutely. There are moments in time — and the U.S. election is one of them, where we get a clear snapshot of the depths of racism and misogyny. But I've spoken to friends in both Canada and the U.S. and my friends of colour are not as shocked at the results of the election as my white, liberal friends are. I'm white and we don't live the same kind of everyday oppression that people of colour do.

Do you think this attitude will come to Canada? Do you think it's already here?
I think it is here. We've seen reports of Jewish students on Canadian university campuses waking up the morning after the election with swastikas on their doors. A public declaration of the sort we just saw in the U.S. is a licence for people who are feeling threatened by genuine multicultural collaboration and interracial ally-ship. People ... are turning to hate as a way of channelling their fear and trying to find some power.

There definitely seems to be a solidarity movement, at least online. Can you find anything to be optimistic about in that?
I do think social media can be an effective tool for organizing. I'm thinking about not only the recent election but about, during the Ghomeshi trial proceedings, the #BeenRapedNeverReported hashtag. People found solace in one another there. Idle No More used social media brilliantly and continues to. But what the indigenous leaders and activists do so brilliantly with this movement is to not only rely on social media.

TORSTAR NEWS SERVICE

THE KIT REPORT

PHOTOS COURTESY OF VINCENT

#YOW INDEX

The Kit Compact—Canada's fave beauty and fashion brand—checks out Ottawa's style scene

TOP BOUTIQUE: **VINCENT**
the address: 444 preston st.

Owned by the dynamic sister duo Angie Cambareri and Amanda Papalia, Vincent is a cute boutique in the heart of Little Italy. With years of retail experience under their belt, the sisters have created a warm space to help women look good and feel great. You can't help but walk out feeling like you've made a new friend—and with a killer new outfit in tow.

What inspired you to open the boutique? "Our mom brought us boutique shopping at a young age. The store owners knew her name, what she liked and what looked good on her. It was such an experience."

What pieces are you most excited about this season? "Chunky knit sweaters, Frank & Eileen's plaid shirts and Aigle's perfect winter coat. Can you tell we love fall?"

Can you explain your motto: "Stay curious." "It means keep exploring the city you live in, connecting with your community and finding like-minded people."

What's the best part of running your business as sisters? "We know each other's strengths and weaknesses. On another level, we're both so different—even in our style—which is reflected in how we buy. It's amazing to share the ups and downs of entrepreneurship."—*Katie Hession*

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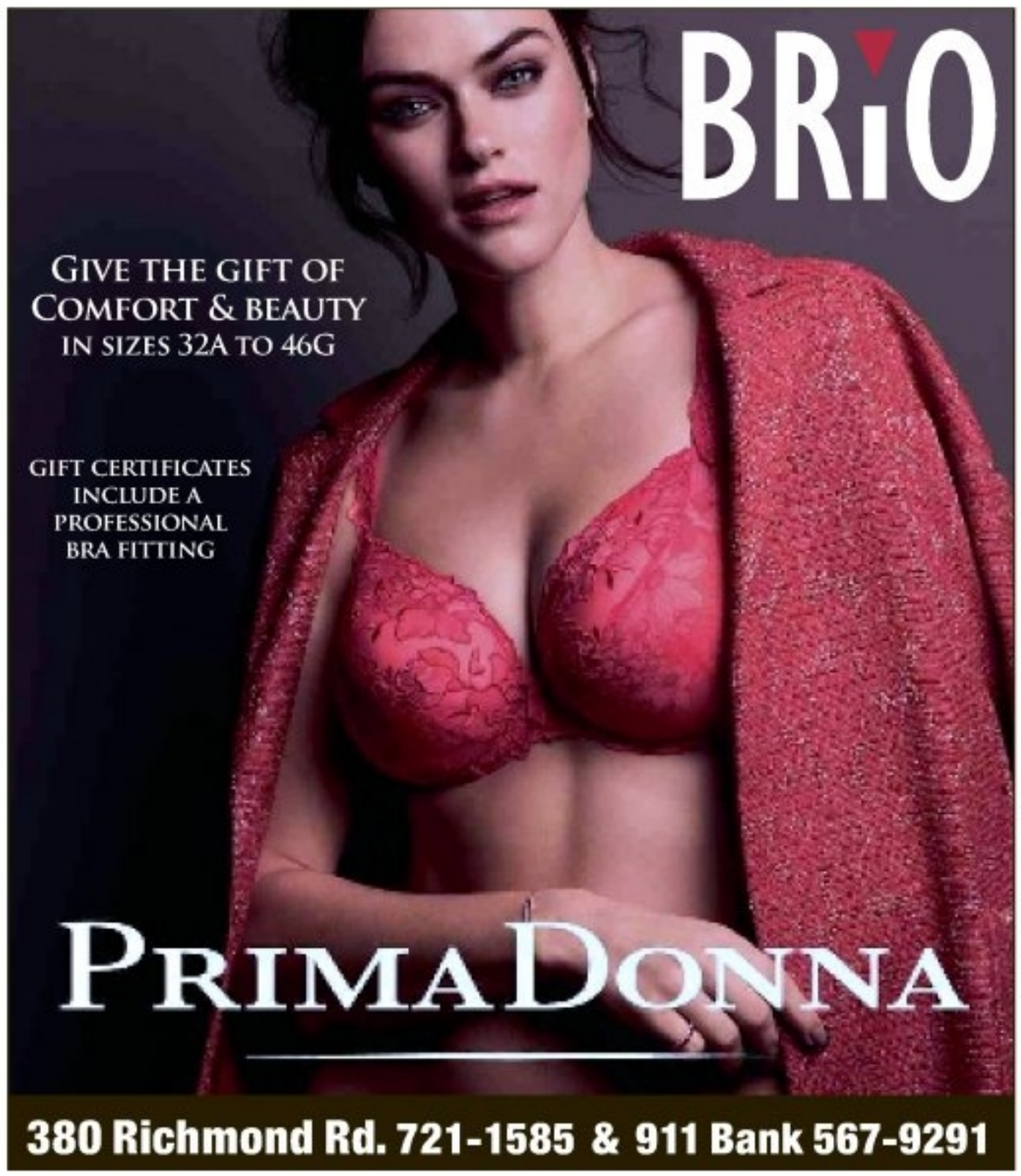

Tips from those on the inside

GET THE BEST DEALS

Take notes before hitting shops online or in-store

Camilla Cornell

Savvy shoppers know you can score some great deals on the day after American Thanksgiving in Canada, as well as the U.S. Read on for tips from a fashionista, a deals aficionado and a money expert to ensure you get the most bang from your buck.

Plus-size blogger Jessica Biffi (justbiffi.com) has been making waves in the fashion industry since ending Project Runway Canada, as the season 2 runner up. She has since launched her own clothing and accessory lines, and capsule collections for Addition-Elle and Pennington.

The self-described "Toronto girl with a serious fashion addiction" says most retailers let you know about sales in advance. So if there's a store or chain you frequent, sign up for their email sales alerts.

"Then you can gauge whether or not you want to deal with the situation in person or on line," said Biffi. Her own preference is almost always to shop online during Black Friday. "It's just overwhelming otherwise," she said.

When buying clothing online, Biffi suggests, it pays to do a bit of research up-front before you let your fingers do the walking. "Sizes have the same range at most stores, but the fit can be very different," she said.

At the very least, measure yourself and look over the online size chart. Or do some pre-shopping. "If you know you really like something, get to the store a few days in advance and try stuff on," Biffi suggested. "Then you will be on a mission to grab your things the day of, and you won't have as much stress to deal with."

Plus-size blogger Jessica Biffi suggests signing up for email sales alerts from your favourite retailers. ELLIOT PARROTT PHOTOGRAPHY

Raymond Lau, of Canada Deals Blog, has been a deals shopper for as long as he can remember, but since 2010, the Calgarian has been blogging full time about the specials he finds to his 50,000 subscribers across the country. Lau updates his site daily with local shopping deals in major Canadian cities.

"Black Friday, Cyber Monday and Boxing Day are the three biggest days of the year for me," he said. "My traffic spikes like crazy." The problem: since he's aware of the deals on offer, Lau can't resist doing some shopping himself. "I probably spend more than I should," he admits.

Lau finds the best Black Friday deals on consumer electronics such as televisions and gaming consoles. But, he warns, some electronics retailers charge as much as a 50 per cent restocking fee once you open the box, "so only open it if you plan on keeping it."

Door-crasher specials can offer particularly great value, he adds, but they are frequently reserved for the first few people in the store, so get there early. "I never wait in line," Lau said. "I don't believe in it. But a few years ago, I actually camped out with my wife and we were lucky enough to be the tenth in line to get a $3,000 TV for $900." He confesses he would have been pretty upset if he'd been 11th and missed the deal.

To avoid size snafus when buying online, Lau usually purchases two sizes (medium and large) and tries them on when they get to the house. "I just keep the one that fits and return the one that doesn't," he said.

When you do shop in store, he advises, make sure you have a game plan. Check the flyers and Lau's website (CanadaDealsBlog.com) in the week leading up to Black Friday and try to cherry-pick the deals, concentrating on stores that rarely have sales, such as Lululemon and the Apple Store.

Finally, to beat the rush, you might want to shop early. "A lot of retailers kick off deals on Thursday at midnight," Lau pointed out. "That's when you'll find the best inventory and selection." On the other hand, many sales extend throughout the week, and you may find the crowds thinner if you hold off.

Limor Markman of Limor Money strives to empower young women to take strides toward controlling their financial destiny through her website (limor.money) and her online videos. And she practices what she preaches.

"I only buy things on Black Friday that I was planning to buy anyway," she said. "A couple of weeks ago, my luggage jammed open on a trip, so I am totally waiting for Black Friday to buy luggage this year."

Markman warns against simply showing up at the mall to see what you can find. Instead, shop with a list of things you need and holiday gifts (in which case, you should make sure you can refund or exchange into January).

Do your homework by scanning flyers and online sites in advance to find out who has the best discounts, Markman advises. "And make sure you're well-versed in the prices of the things you want to buy," she added. "Otherwise you may think you're getting a great deal and it may actually not be." A sign that screams '40 per cent off suggested list price!' doesn't mean much if the list price is inflated.

Another cautionary note: if you're buying online from a U.S. retailer, don't forget that "the price isn't actually the price," points out Markman. You have to do the currency conversion to Canadian dollars. In addition, you'll be charged an exchange fee on your credit card and you may have to pay duty and shipping fees (because often shipping is only free south of the border).

"That price may look amazing," said Markman. "But by the time you pay all those extras, you may actually be paying more than in Canada."

How Ottawa shoppers will be spending Black Friday

To get a feel for how they will be spending their time and money this Black Friday, we asked Ottawa shoppers their opinions on Black Friday shopping in general, what they're looking for, where the best deals are and whether they prefer shopping online or in store.

"I shop on Black Friday, as the trend has been over the last few years that items tend to be better prices than Boxing Day. I prefer to do shopping online now as most research is done prior to making the purchase and many sites will likely have a review on an item you're interested in purchasing."
— ***Paul Lam***

"I used to shop on Black Friday every year down in New Hampshire. Now, I would rather shop online because I have an infant so avoiding the crowds and stores is ideal."
— ***Lisa Marcantonio***

"I've worked in retail for a long time and, if I can avoid shopping with large crowds of customers, I do.I love a good deal, but I would rather shop online instead of hitting actual brick and mortar stores – comfy couch, bunny slippers, direct delivery. Now you're singing my tune!"
— ***Josh Kemp***

"I think Black Friday is sort of a pre-Christmas, big ticket item kind of time. I'm an online shopper – I don't mind the wait because I'm not buying things for that time, I'm always buying stuff for Christmas so the wait doesn't bother me."
— ***Marianne Patterson***

"My go to spots are in the USA. We live near Prescott so the commute is so worth it. This Black Friday, I will be looking for a gas range and appliances and fixtures for our renovation."
— **Michelle Barr**

"Shopping online allows me to sit with my coffee and see items in a more organized manner and it is not as overwhelming as shopping in person. I also find online that the deals and stock selection are larger vs. in person."
— ***Crystal Anderson***

"I do shop on Black Friday. I usually go to the States but, because of the dollar, I will be shopping local.I like shopping both ways but prefer in store."
— ***Alison Telford***

"My mom and I have made a tradition of going Black Friday shopping together and do so every year. We travel to the States to go to Destiny USA mall in Syracuse and the Waterloo outlets just south of there. Black Friday is a time that I do my Christmas shopping so I'm typically on the lookout to be inspired for gifts for those on my list."
— ***Jess Wilson***

"I used to live in Windsor so I used to shop on Black Friday when I lived there because I felt the deals were better in the United States but otherwise I don't really pay attention."
— ***Maggie Parkhill***

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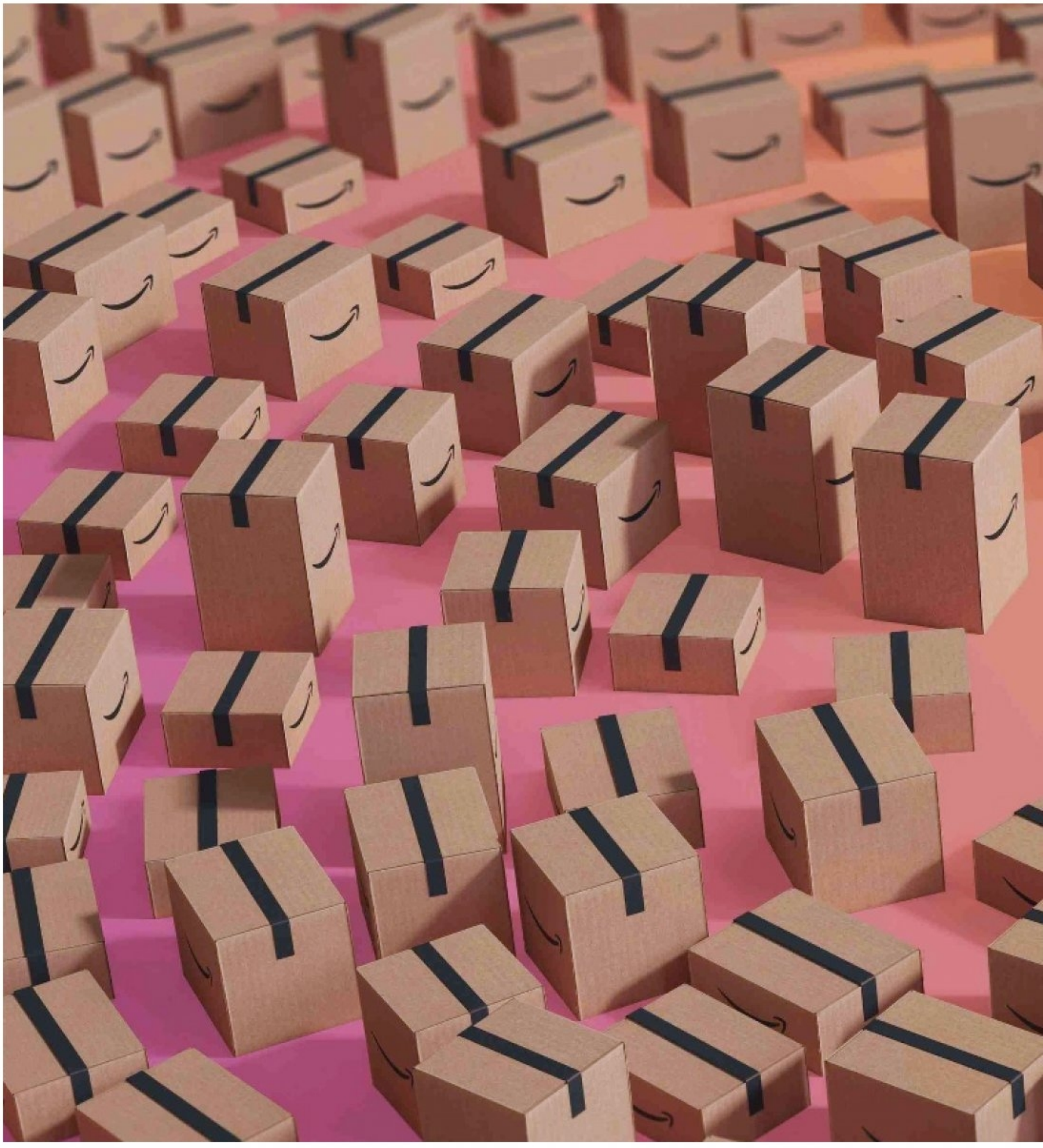

amazon.ca
BLACK FRIDAY
DEALS WEEK
NOV 18 - 25

The hottest deals on cool tech

GADGETS GALORE

We've got the skinny on the biggest bargains

Marc Saltzman

What's the only thing better than getting hot deals over the holidays? When you can get all your shopping done before December even rolls around.

Between Black Friday, Nov. 25, when retailers slash prices, and Cyber Monday, Nov. 28, where you're encouraged to shop online, you can score great deals on hot products.

And if it's tech you want, you've come to the right place.

From televisions, tablets and laptops to gaming consoles, headphones and smart-home appliances, expect to get a lot of bang for your buck by shopping over the weekend.

The following are a few of our faves, and where to find the deal.

Samsung 55-inch 4K HDR Smart LED TV (KU6270)
Black Friday price: $899.99
Regular price: $1,299.99
Where to buy: Best Buy

Samsung TV

As you likely know, 4KTVs deliver four times the resolution of 1080p HD, while HDR ("High Dynamic Range"), reproduces a wider range of brightness levels, richer colours, and higher contrast levels (resulting in whiter whites and darker blacks). At $400 off, Samsung's KU6270 TV is even more tempting. This 55-inch 4K HDR TV looks stunning, and includes a Smart TV platform powered by Tizen, to give you fast and intuitive access to your favourite on-demand video apps like Netflix and YouTube, interactive games, music streaming services, social media, and more.

ASUS X-Series 15.6" Laptop
Black Friday price: $297
Regular price: $399.99
Where to buy: The Source

ASUS laptop

You don't need a $1,500+ laptop to turn heads. With its premium finish, the chocolate black ASUS X540 laptop is slender, lightweight, and durable, with decent performance to handle tasks like web browsing, online shopping, social networking, and word processing. Powered by an Intel Celeron N3050 dual-core processor and 4 gigabytes of RAM (system memory), this 15.6-inch laptop features an HD display (1366 x 768 resolution), 500 gigabytes of storage, and a 64-bit Windows 10 operating system. Along with Wi-Fi and Bluetooth, this laptop has multiple connectivity ports.

HTC One M9
Black Friday price: $400
Regular price: $849
Where to buy: htc.com

A huge discount on a premium phone, HTC One M9 is a 5-inch device with several bells and whistles. This includes a comfortable and durable metal unibody design, a 20-megapixel camera with sapphire camera cover lens (and impressive front-facing camera, too), and for entertainment buffs, front-facing stereo speakers with a built-in amplifier, HTC BoomSound, and Dolby Audio surround. On top of the Android operating system, HTC Sense software lets you truly customize the look and feel of the phone. 32 gigabytes of storage is included, but a microSD slot lets you add up to 2 terabytes (roughly 2,000 gigabytes).

HTC phone

iRobot Roomba 870
Black Friday price: $549.99
Regular price: $699.99
Where to buy: Amazon.ca app

iRobot Roomba

Why clean your home when you can have a robot do the dirty work for you? That's the idea behind the iRobot Roomba 870 Vacuum Cleaning Robot, which is also ideal for those who have pets and allergies. Its AeroForce 3-Stage cleaning system delivers up to 50 per cent more cleaning performance than previous models, says the company, along with tangle-free extractors to help prevent hair and debris clogs and a high-efficiency filter to trap fine dirt and dust. The disc-shaped vacuum cleaner's iAdapt Navigation technology uses a suite of sensors to navigate and adapt to your changing room environment, including an optional scheduling feature if you want to do its thing without you there.

Canon T6i
Black Friday price: $879.99 (Until Nov. 24)
Regular price: $949.99
Where to buy: Best Buy

Canon camera

Through the looking glass. You don't get a second chance to capture that special moment. Rather than reach for your smartphone, immortalize life's precious memories with the Canon T6i, a compact digital Single Lens Reflex (dSLR) camera and 18-55mm IS STM Lens Kit. Take professional-looking photos — quickly and easily — so you won't miss that winning goal, a candid smile or setting sun on the horizon.

Along with its 24.2-megapixel CMOS (APS-C) sensor, ultra-low light sensitivity (extended ISO up to 25,600) and fast DIGIC 6 image processor, this camera shoots Full HD videos, and has built-in Wi-Fi to instantly share your handiwork and NFC for tap-to-pair functionality with a compatible smartphone. When time and budget permits, build up your lens collection with a huge assortment of telephoto, wide-angle, and macro options.

Klipsch R6 Headphones
Black Friday price: $95.99
Regular price: $119
Where to buy: Klipsch.ca and all other Klipsch-carrying retailers

Klipsch headphones

You're not still using those white earbuds that shipped with your phone, are you? Treat your ears to something much better — and on sale for Black Friday and Cyber Monday. At 20 per cent off the regular price, the noise-isolating Klipsch R6 in-ear headphones with control cable feature patented, contoured ear tips for a more comfortable wear over long periods of time (and multiple tip sizes are included in the box). Most importantly, the same advanced acoustic engineering from Klipsch's legendary Reference home theatre speakers provide the performance in these R6 earbuds. The 3-button inline remote can be used for full music and voice control on most smartphones, plus the microphone lets you take calls, as well.

Nikon D5300 SLR with dual lens kit
Black Friday price: $799.99
Regular price: $1,294.99
Where to buy: Best Buy

Nikon camera

If 2017 is the year you want to start taking breathtaking photos, Best Buy has an aggressive sale on the Nikon D5300 single lens reflex (SLR) and some accessories to get you going. Along with this the exceptional 24.2-megapixel SLR (with DX-format CMOS sensor), there's both an 18-55mm lens for everyday photos and HD videos (with built-in stereo microphone), as well as a 70-300mm telephoto lens, and a camera bag to store all your gear. Other features of the camera include a fast EXPEED 4 processor, 39-point autofocus, high ISO sensitivity, 3.2-inch vari-angle LCD screen, built-in editing tools, and integrated Wi-Fi to share your memories on the spot.

ACER tablet

Acer Iconia B1
Black Friday price: $77
Regular price: $109.99
Where to buy: The Source

Want a tablet but can't afford an iPad? You'd be surprised how good an inexpensive tablet can be, like the Android-powered Acer Iconia B1, on sale for just $77. Fast and light, and with a high-resolution 7-inch screen, this touchscreen tablet is ideal for playing games, viewing videos, reading ebooks, browsing websites, and more. Along with support for Google Play's 1.5 million downloadable apps, this tablet includes Bluetooth connectivity for optional wireless keyboards, speakers, headphones and other accessories. This quad-core tablet ships with 16GB of storage, it can be expanded even further via its existing microSD slot (up to 32GB), and packs two cameras.

DJI Phantom 3 Advanced Quadcopter Drone with Camera
Black Friday price: $799.99
Regular price: $1,079.99
Where to buy: Bestbuy.ca (online only)

DJI drone with camera

Are your kids droning on and on about wanting a quadcopter? OK, bad pun, there. But whether it's for kids or kids at heart, save $280 off the white Phantom 3 Advanced Drone with this online-only Best Buy deal. Take to the friendly skies with smooth and intuitive controls and as it's soaring around, shoot smooth 1080p HD video (or 12-megapixel still photos) and even watch the footage on your smartphone or tablet while you're flying. Fly at a top speed of nearly 58 km/hour, and enjoy a line-of-sight range of up to 2,000 metres. As a safety measure, if the connection between the controller and drone is broken, the autopilot takes over and brings your drone back to you. Fly for up to 23 minutes between charges.

BLACK FRIDAY WEEKEND

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Big deals on big appliances

SHOPPING

With Black Friday deals, now is the time to do that reno

Vicky Sanderson

The mother of all sales is upon us — music to the ears and good news for the budget of those longing to replace a noisy fridge, tired stove, or wonky washing machine.

While Francine Sternhall, director of Aeroplan's eStore says, "electronics tend to be the most popular (Black Friday) category," Home Depot Canada appliance merchant Cameron Skilling suggests that major appliances have become "a leading edge."

Shopping for large appliances during Black Friday, he adds, can have the advantage of being planned, unlike typical purchases, which frequently come after a breakdown when decisions are made in a hurry.

Planned purchasing means the buyer has more time to gather information that will be useful when scoping out the best Black Friday deals.

Waylon Chow, sales associate at Best Buy Canada thinks that may be why so many people are interested in buying a full kitchen suite at this time of year.

"People who are renovating and plan to buy everything at once during this time can save a lot," he said.

Experts suggest that shoppers spend as much time as possible identifying exactly what they want, visiting bricks and mortar stores and showrooms to look at product, and taking advantage of online videos, reviews and spec sheets.

Camille Kowalewski, head of communications for eBay Canada, says mobile shopping has made Black Friday and Cyber Monday shopping a more efficient, time-effective experience.

"You can shop wherever — on the train commuting home, and whenever you have a moment or get a brilliant idea," she said.

It's sometimes important to move quickly to snag a deal, so Kowalewski advises shoppers follow favourite retailers and online marketplaces on social media. Your phone, she adds, could be a secret weapon for alerting to you to time-sensitive offers.

Once you know what you want, make a note of all relevant information, most especially the model number. Then double check it, says Skilling.

"They're like Latin, so be very cautious of those numbers and letters — a change in even a single digit can make it a different colour, size, and have different features."

Don't forget to measure: you don't want to be one of those sad consumers who buys appliances without measuring their placement, or the doors they are expected to pass through. If you're not sure how to do the math, ask for help from an associate, whether you're online or in-store.

Tell the retailer, too, if there's an appliance that needs to be removed. Many include free disposal with a delivery, but need to know ahead of time for scheduling.

Bone up on the current, non-sale prices of items you want. Be ready to calculate how exchange, shipping, and return policies affect the sale prices. Many U.S. sites convert prices to Canadian dollars, but do double check the currency.

Always ask about matching programs; at Home Depot, for example, if you find a better price at a competitor, they'll beat it by 10 per cent.

Chow says shoppers should also look at loyalty points or financing options, and be aware of special shopping features; in Best Buy's case, that it will reserve any item to pick up in store at the sale price. It's also important to ask about warranties, and what it costs to extend them.

Shopping store sales may save you a bit more off than shopping online sales, but Craig Calvert, director of customer solutions at UPS Canada isn't sure it's worth it.

"Give your time a value. Do you want to be in that stereotypical Black Friday crazy lineup, or do you want to be home on your couch," he asked.

What's hot during Black Friday/Cyber Monday 2016 will be the same items that have been hot all year, says Skilling, who's noting upticks in large capacity laundry sets, and black stainless steel finishes.

Many consumers covet feature-rich, connected appliances, such as Samsung's Family Hub, a refrigerator with a front panel interface that, among other things, takes images of the inside of a fridge, which the user can access over a smartphone — say, at the supermarket.

LED lighting is another popular feature in fridges, and one that's increasingly accessible.

"It used to only be found in a $4,000 fridge. Now it's available in just about anything," said Skilling. He adds that manufacturers trying to woo shoppers to buy the relatively new induction technology may have interesting price points this year, and he expects large capacity laundry suites will be in demand.

Don't worry if you accidentally sleep through Black Friday and Cyber Monday. According to Kowalewski, "it's no longer those 24 hours. Periods of sale creep beyond that; they're being extended beyond them."

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Buy for sweet dreams not the sweetest deal

BIG PURCHASE

A mattress should provide a better sleep all year round

Camilla Cornell

If you're looking for a mattress this fall, Black Friday may be one of the cheapest days of the year to buy one. "Black Friday has become a huge retail event in Canada and every retailer is now competing directly for the shopping community," said Jory Solomon, a "sleep expert" with Sleep Country Canada.

Solomon's region comprises 12 Sleep Country stores in Ontario and on an average weekday they sell $40,000 to $60,000 worth of mattresses. "Last Black Friday, we did more than triple that," he said.

That said, if you're shopping for a mattress on Black Friday, be aware that this isn't an uncomplicated purchase and stores will be crowded. A mattress store is basically a commercial space "with 40 squares, all at different prices," said Solomon. "The average person really has no idea what kind of technology they contain and what those features and benefits really mean. You really need a guided tour with an expert." Here are his tips for getting a mattress you're going to be happy with for the long haul.

Shopping for a mattress is a team sport

If you're part of a couple, shop with your partner. "You both have your own unique comfort level," said Solomon. "And you're both going to be sleeping on it, so you're better to pick it out together."

Beware the door-crasher special

"You will see these screaming deals on Boxing Day at prices that seem extremely low," he said. "But before you get too excited about putting that mattress in your master bedroom, understand that is probably the most basic-level bed in the store." If, on the other hand, you're planning to put that bed in your guest room, by all means go cheap.

A firmer mattress doesn't necessarily provide better support

"We still deal with that misconception every day," said Solomon. Thirty years ago there was truth to the idea that a firm bed provides greater support. "They used to take springs out of the firmest mattresses to soften them and they'd call it medium. Then they'd take more springs out and call it soft," he explained.

No more. The invention of the pillow top or Euro top mattress changed all that. "Now they don't take away support, they just add some cushioning on top to make the bed softer," said Solomon.

Don't let Black Friday deals keep you from making a smart purchase. KEITH BEATY/TORONTO STAR

"You can choose your comfort level, whether firm, medium or plush, and it will have no impact at all on the underlying support."

You're not just buying a mattress — you're buying a 'sleep system'

While your mattress can account for about 80 per cent of your comfort, there are actually three parts to the sleep system: the mattress, the pillow and whatever the mattress sits on, says Solomon. Note that the minute you put your new mattress on an old box spring, it negates the warranty.

Adjustable beds aren't just for old folks

"A mattress doesn't have to go on a box spring. It can go on a platform base or a lifestyle base [usually called an adjustable bed]," said Solomon. "A lot of people used to think of that as being only for the old and infirm, but the average age of purchase for a lifestyle base now is about 42 years old. Its people using laptops or watching television — people who use their bedroom for more than just sleep."

'Warm sleepers' rejoice

"Being a warm sleeper is often disruptive to a good night's sleep," said Solomon. The good news: lots of mattresses have cooling technology now — including foam mattresses that have long been regarded as hotter to sleep on. "Foam is not a new technology and in the '80s and '90s, it was a fact that it tended to absorb body heat and could make the bed warmer," said Solomon. "But for almost 20 years — especially in the last three years, due to technological advances —the foam is now the coolest part of the mattress."

If you hate it, you can usually bring it back

"Almost every retailer has some form of home trial period," said Solomon. At Sleep Country there's a 60-day home trial period. If you feel like the Princess and the Pea, you can return it and choose another mattress. But don't make a rush decision. "It usually takes about two weeks until you're accustomed to the new mattress," he pointed out.

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Unusual finds for Black Friday shoppers

POPULAR CATEGORIES

Consider toys, small appliances and electronics

Vawn Himmelsbach

Sure, Black Friday is a good time to pick up those wireless speakers or upgrade your smartphone, but it's also a good time to find deals on items you might not have considered shopping for. Like vacuum cleaners, gas fireplaces and Lego.

While electronics remains one of the most popular items, along with clothing and accessories, Black Friday is an ideal time to buy kitchen appliances, according to Monika Hajzokova, sales director with Shopbot, which has an inventory of six million items from

Keurig coffee brewing system. CONTRIBUTED

more than 400 retailers and brands.

"Kitchen appliances is one of our biggest categories," she said. "The top searched item is the KitchenAid mixer, especially in the red colour." That's expected to be a popular item again this year; other kitchen appliances up for grabs at deep discounts are waffle makers and ice cream makers.

"Keurig [coffee] brewing systems always have good deals on Black Friday," said Sari Friedman, marketing director and resident shopping expert with ebates. "It's a great time to stock up on coffee, such as Keurig and espresso pods. The Bay always has great deals on espresso pods."

And it's not just appliances for the kitchen: most major big-box retailers are offering discounts on small appliances such as vacuum cleaners and robotic vacuums. For those wanting to invest in a heavy-duty vacuum, like a Dyson, Black Friday is the time to do it.

Shopbot has also his-

Dyson vacuum cleaner. CONTRIBUTED

torically seen a spike in sales of fireplaces (gas or ethanol-powered) over Black Friday. And, bizarre as it sounds, it has also seen a spike in plumbing supplies during this time period (perhaps, like fireplaces, it's a signal that shoppers are prepping for winter).

As the temperatures plummet, shoppers aren't just thinking about fireplaces and freezing pipes. They're thinking about how they can escape winter, and travel is another category where they can find Black Friday deals. Several online travel consolidators and travel agencies are offering discounts on vacation packages, as well as rebates or gift cards with their purchase (to be used for future travel, though there's typically an expiry date).

Friedman says electronics is still the most popular category for shoppers on Black Friday and Cyber Monday. But she recommends thinking beyond TVs and computers, and considering options such as smart home hubs and smart thermostats.

Big-box retailers are offering discounts on Nest smart-home products over Black Friday, she says, and Enbridge customers can then receive a $100 bill credit for their purchase — a double win for shoppers.

While clothing and accessories remain popular, Black Friday is a good time to look for deals on designer items. Many luxury retailers run site-wide sales or offer deeper discounts on certain categories, says Friedman. This year, in particular, should be interesting, with high-end U.S. retailers such as Saks and Nordstrom opening shop in Canada, bringing their Black Friday traditions with them.

Black Friday also kicks off the holiday shopping season, so it's an ideal time to shop for others. Half of Canadians feel the deals that retailers offer specifically for Black Friday and Boxing Day are better than those offered in general during the holidays, according to new poll data from ebates, which surveyed 1,000 Canadians during October.

"Canadians are planning to spend $200 more on their holiday shopping this year than last year," said Friedman. "It's a good time to not just think about yourself but crossing off things on your list: toys, books, beauty."

When it comes to gift-giving, there are plenty of deals to be had on women's perfume, according to Shopbot.

Lego. CONTRIBUTED

It's also a good time to pick up toys, such as Lego, or soon-to-be discontinued toy lines. Red Flag Deals predicts that toys from Star Wars: The Force Awakens may be discounted this year, to make room for the hype train of Rogue One: A Star Wars Story.

Shopbot has found that Quebec has different shopping behaviours on Black Friday than the rest of Canada.

While electronics and clothing are still popular items, the top-searched items fall under the home decor category — in particular, blankets, quilts and duvets.

While the rest of the country may want to consider checking out the deals to be had on home decor, some shoppers are considering much larger appliances — such as mattresses, dishwashers and couches — that they'd traditionally buy during Boxing Week.

"Furniture stores tend to offer some good discounts, but not as much as much as fashion and appliances," said Hajzokova.

Shoppers should limit themselves to clothing and electronics; consider holidays gifts as well as household or winter necessities. An added bonus: You won't have to wrestle a mob of shoppers to get that ethanol-fuelled fireplace.

Go luxe for a less frenetic Black Friday

SHOPPING SEASON

Luxury retailers in Canada offer unique choices

Camilla Cornell

When it comes to Black Friday offerings, the newly vibrant luxury shopping segment should give well-healed Canadians a reason to shop at home, says Jim Danahy, CEO of retail advisory firm the customerLab in Toronto. "We've certainly seen an expansion in that segment and we expect more of it," he said.

In the past few years, Canada has seen American lux retailers Nordstrom and Saks Fifth Avenue arrive on the scene, while homegrown Holt Renfrew has expanded its presence. "We've never seen so much competition in the luxury shopping category," said Danahy.

What's driving the growth? At least for the American retailers, it's a function of the fact that growth at home has been sluggish, says Wendy Liebmann, CEO of WSL Strategic Retail. And when they're looking to expand, they tend to look for "places where there seems to be space in the market to offer unique choices and that are more culturally familiar and affordable," she said. "In the case of Canada, there's a lot of real estate space."

But when it comes to holiday deals, Danahy warns, "Black Friday and luxury shopping are a bit of an oxymoron." Although many of these retailers may offer special promotional merchandise for the holidays, "they tend to compete more on assortment and service, than on price," he said.

Holt Renfrew is offering high-end stocking stuffers. CONTRIBUTED

For example, Nordstrom — which now has five locations in Toronto (two), Ottawa, Vancouver and Calgary — is known for its attentive sales staff. It has hired an additional 11,400 seasonal employees for stores in Canada and the U.S., about 9,500 of them in sales and stock positions.

Nordstrom will kick off the holiday season with free silver gift boxes in every department and its own army of elves; better known as personal stylists. Although the stylist service is available free year-round, it's a particularly "helpful time saver during the busy holidays," said spokesperson John Bailey.

Customers can make an appointment with a stylist by phone, online or in person, he adds, and they'll "take care of everything on your list from finding the perfect gift to decking you out for party season. They'll even put items in gift boxes and ship your packages."

Nordstrom isn't dispensing with sales either. It will offer an extra 20 per cent off select clearance items from Nov. 24 through Nov. 28, for example. But Bailey says the company still doesn't really have a sense of how Black Friday will "translate in Canada," since it just opened its doors.

Saks Fifth Avenue will put the focus on customer service this holiday season. Its 25,000-square-foot space in Toronto offers personal stylists to give customers the kind of VIP treatment they can't get just anywhere. Think access to a private lounge and roomy luxury shopping suites.

And if you're looking for shoes…well, Saks Eaton Centre location offers more than a thousand pairs to choose from, including an entire table of Manolo Blahnik. Called 10022, the Saks shoe section is named after the original Manhattan store's shoe department — it was so expansive it required a new zip code.

That said, "don't expect a whole lot from Sak's that is price-related," said Danahy. "They may have special merchandise and special offers, but it's less likely to be driven by price."

Ditto for Holt Renfrew — which Danahy calls the "doyen of luxury retailers in Canada." Its four stores in Toronto and one store each in Calgary, Edmonton and Vancouver have already begun to display an assortment of high-end stocking stuffers such as a Rebecca Minkoff cardholder ($100) and an Anya Hindmarch coin purse with a pixelated smile ($395). And you'll also find a range of seasonal cosmetic gift sets ranging in price from $32 to $2,415.

'TIS THE SEASON

Black Friday is a North American thing

"The U.S. retailers in Canada recognize that Black Friday is a North American thing and will not be so foolish as to say, 'We're not doing anything,'" says Wendy Liebmann, CEO of WSL Strategic Retail. "They will offer promotions for the Canadian market."

Still, she says, if you're looking for a less frenetic shopping experience with plenty of assistance available when you need it, by all means turn to the GTA's expanding ranks of luxury retailers. But if you're looking for knock-down, drag-out deals on Black Friday, they may not be your best bet.

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MEET THE CONDO

Boutique in Hintonburg

PARKDALE MARKET LOFTS

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Project overview

Construction for Parkdale Market Lofts, a new condo by Surface Developments, is set to begin in fall 2017. The boutique four-storey condo encourages an environmentally friendly lifestyle — with a focus on walkability and cleaner commuting options. Buyers can expect to move in by the summer of 2018.

Housing amenities

The condo will include a beautiful rooftop terrace with views over the park and the Ottawa River. Inside, the units feature hardwood floors, LED lighting in all rooms, in-suite storage, nine-foot ceilings and large windows. All units come with pre-upgraded finishes, and can be custom designed for free.

Location and transit

The condo is only a six-minute walk from the future Tunney's Pasture Light Rail station. The area offers plenty of fresh grocery choices and parks. There are plenty of transit routes, and a VirtuCar car sharing is right around the corner. Hwy 417 is only minutes away, making as well.

In the neighbourhood

Located right in the trendy neighbourhood of Hintonburg, only half a block from Wellington Street, the condo overlooks Parkdale Park. The area has plenty of great restaurants, galleries, cafés and shops. The close proximity to downtown Ottawa also makes it an ideal location. ILANA REIMER/METRO

NEED TO KNOW

What: Parkdale Market Lofts
Builder: Surface Developments
Designer: Surface Developments
Location: 12 Hamilton Ave. N.
Building: Condominium
Size: 480 sq. ft. to 850 sq. ft.
Pricing: Starting from $199,900
Model: One to two beds, one to two baths
Status: Now selling
Occupancy: Summer 2018
Sales centre: 88 Spadina Ave.
Phone: 613-233-4210
Website: surfacecondos.com

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MAKE SURE IT'S FAIRTRADE

Prepping your garden for winter

ADVICE

Your spring self will thank you if you do this now

Mark Cullen
For Torstar News

All those leaves you raked up earlier in the season can be composted and spread over your garden. ISTOCK

If you enjoy puttering around the yard and are always looking for something to do out in the fresh air, this column is not for you.

That is, not if you've already got your lawn and garden set for the colder months. This column is for gardeners who thought they were done for the year — but have yet to take these steps:

Wrap cedars with two layers of burlap

Cedars nearest a road (and on the east side of it, especially where they are susceptible to westerly winds full of salt spray) are most vulnerable. Wrap them in a layer of burlap to prevent permanent damage from road salt and wrap them again to protect them from the drying effects of the wind, especially if they are exposed to the north or west.

Fertilize your lawn

This time of year provides an opportunity to apply the most important application of lawn food. Why? Your lawn will absorb the nutrients before it goes to sleep for the winter. Like a bear that forages before bedding down for the season, your lawn will store nutrients and sugars in its roots now, in anticipation of a long cold winter ahead. Look for a fertilizer formula such as 12-0-18, with high potassium (the third number) and slow-release nitrogen (the first number).

> **Like a bear that forages before bedding down for the season, your lawn will store nutrients and sugars in its roots now, in anticipation of a long cold winter ahead.**

Protect fruit trees

If we get an average dump of snow this winter, mice and bunnies can do a lot of damage to fruit trees less than six years old by nibbling away at the bark with their sharp little teeth. They resort to this sort of thing when snow makes it hard for them to fill their tummies. Wrap the trunk of each tree with a plastic spiral that extends about a metre up the trunk from the bottom. After about six years or so, the trunks of most trees have become too tough for even rodents to enjoy. Be especially sure to wrap crabapple trees and flowering cherry trees, since rodents don't know fruiting from non-fruiting trees that flower.

Compost

All of your leaves are down and you no doubt have raked them off your lawn and onto your garden as I instructed earlier in the season. Good! If you have a compost pile or bin, empty the contents onto your garden now. Spread it all with a rake and let it sit there over the winter. Come early spring, earthworms will pull the raw compost under the surface of the soil and convert it into nitrogen-rich castings (poop). If you have not built or purchased a composter, now is a good time to do it, since there is no shortage of yard "waste" — actually, "resource" — of grass clippings and fallen leaves to fill it.

Bring in the pots

Using a stiff brush, remove the loose dirt from inside the pots you used all summer to grow annuals and vegetables. Some people dip them in warm soapy water and scrub them clean and, really, these may be your babies but they are not babies. Store them in a weather-free zone, such as the garage or tool shed.

Clean bird feeders

Bring in the hummingbird feeder that has not seen a visitor other than the odd wasp for a couple of months now. Optimistic as I am, I don't anticipate seeing a hummingbird around here until mid-spring. Clean the feeder in warm soapy water. While the feeders are not your babies, either, the hummingbirds are. Clean all your bird feeders to help reduce the risk of disease to the avian crew that will be looking for a seed meal at your place this winter. Soap and water.

Mark Cullen is an expert gardener, Order of Canada recipient, author and broadcaster. Get his free monthly newsletter at markcullen.com. Look for his new bestseller, The New Canadian Garden, published by Dundurn Press.

OTHER TIPS

- Give some attention to your power lawnmower. Gas goes bad over winter: remove it. Remove the spark plug connection.
- Turn off the outdoor water faucets at the source (likely in the basement) to prevent them from freezing.
- Clean out your eavestroughs — now, when the leaves in your eaves are not frozen.
- Rhododendrons and other wind-sensitive evergreens, such as taxus (yews) and boxwood, are best protected with one application of Wilt-Pruf. It prevents the drying effects of wind and low humidity during a Canadian winter.
- Done? Then it's time to relax. Congratulations on having effectively battened down the gardening hatches for another season.

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FOOD

'Tis the season for leftovers

Holiday meals tend to mean lots of leftovers; either we make enough for an army, or the army we expected didn't materialize.

If you're worried about the environmental impact of that king-size roll of plastic wrap or that stack of disposable plastic tubs, here are some alternatives:

Glass jars, stainless steel

"The key to storing leftovers in an eco-friendly way is to use — and reuse — what you already own," says Madeleine Somerville of Edmonton, author of All You Need Is Less: The Eco-Friendly Guide to Guilt-Free Green Living and Stress-Free Simplicity (Viva, 2015).

"Making use of (jars and containers) that you already have will almost always beat out buying something new," she says. "Don't worry about not having a perfect, Instagram-worthy fridge or freezer. As your old containers break, get lost or wear out, then you can begin investing in glass or stainless steel options."

Soups, stews, smoothies, frozen fruits and vegetables all work well decanted and stored in glass jars; just leave 1/4 of the jar empty for expansion.

New alternatives

Bee's Wrap, invented by Bristol, Vt., mom and gardener Sarah Koeck, is a beeswax, jojoba oil and resin-coated organic cloth that can be used to cover bowls or to wrap breads. It comes in several sizes and warms to a pleasing malleability when handled. The wraps last about a year, and can be cleaned with cool water. And if you find it hard to relinquish plastic bags, consider Bio Bags. They're made of plant starch so you can compost the bag.

Freeze it

Kris Bordessa, who writes a blog called Attainable Sustainable, suggests: "When it's time to clean up after dinner, we often have small amounts of vegetables or sauces left in the pan. Not quite enough for a leftover lunch, but enough that I don't want to waste it."

She collects those odds and ends in containers in the freezer. When she makes soups, she reaches for one of those jars. The trick, she notes, is not to mix incompatible flavours. She also freezes small quantities in muffin tins.

THE ASSOCIATED PRESS

metro SPORTS

"I am vehemently against it": Montreal-raised actor/filmmaker Jay Baruchel is still upset over the P.K. Subban trade

A friendship amid the fight for a championship

2016 GREY CUP

Dickenson and Campbell yet to taste success as head coaches

They'll be on opposite sidelines as Grey Cup adversaries Sunday, but Rick Campbell and Dave Dickenson are hardly strangers.

They became good friends working together as assistants under Calgary head coach John Hufnagel from 2012-13 before Campbell left to become the Ottawa Redblacks' head coach. Dickenson remained and succeeded Hufnagel as Stampeders head coach this season.

Both will chase their first Grey Cup title as a head coach Sunday when Ottawa faces Calgary in Toronto. And while the two often spoke about football during their time together, Campbell admitted Wednesday at the annual Grey Cup coaches news conference they didn't always talk shop.

"We usually talked about music or our celebrity crushes, things like that," Campbell said with a smile. "Or how crazy it would be to be head coaches."

But they didn't always agree, especially when it came to Campbell's love of grunge rock.

Rick Campbell instructs his Ottawa Redblacks on Wednesday in Toronto. Stampeders coach Dave Dickenson and himself served together in Calgary. NATHAN DENETTE/THE CANADIAN PRESS

"I can't speak for him on that as far as I'm not in love with his music choices," Dickenson said. "The one thing I can tell you about Rick was I'd say, 'Rick, what if I did this, what would happen?' He'd say, 'Well, there'd be a conversation as a defensive guy.'

"That sort of banter back and forth allowed me to be a better coach because I'd come up with some things that can cause conversation because when you cause conversations, indecision, that's how I think offensively you can sometimes have an advantage. I think it's pretty cool to be coaching in the game against him and that both of our teams have had success."

15-2-1

The Calgary Stampeders are strong favourites to win the cup since Dave Dickenson and his team racked up such a good record this season.

Dickenson, 43, and Campbell, 45, come by their present jobs honestly. Dickenson's father, Bob, was a football coach while his older brother, Craig, served this year as the Saskatchewan Roughriders' special-teams co-ordinator. Dave Dickenson, a former star quarterback, became a coach after spending 10 of his 12 pro seasons in the CFL with Calgary and B.C. earning induction into the Canadian Football Hall of Fame in 2015.

Rick Campbell followed in the footsteps of his legendary father Hugh last year when he was named the CFL's coach of the year and is a finalist for the 2016 honour with Dickenson.

Dickenson led Calgary to a league-best 15-2-1 record as a first-year head coach, the 15 wins being the most ever recorded by a rookie head coach in a season. But the 43-year-old said he really didn't endure many surprises his first year in the top job.

I just did my best and the guys certainly have a purpose. We play for more than ourselves.

Stamps coach Dave Dickenson

"I feel like I've been prepared for a while," Dickenson said.

Campbell and the Redblacks, who are making their second straight Grey Cup appearance despite finishing atop the East Division with an 8-9-1 record, are the first team in CFL history to secure first in a division with a losing mark. The pressure this week is squarely on Calgary to cap its dominant season with a championship. The Stampeders opened the week as early nine-point favourites. THE CANADIAN PRESS

HOCKEY

Szabados returns to Canadian roster

Shannon Szabados says she could write a book about her departure from the Peoria Rivermen, but the goaltender would rather discuss her return to the Canadian women's hockey team.

The 30-year-old from Edmonton was among the 22 women named to Canada's roster Wednesday for a two-game series against the United States in December. The archrivals meet in Plymouth, Mich., on Dec. 17 and again in Sarnia, Ont., on Dec. 19.

Szabados hasn't been on the ice with the Canadian women since Feb. 20, 2014, when her 27 saves helped Canada win the Olympic women's hockey final in Sochi, Russia. She's played men's pro hockey in Southern Professional Hockey League since then and most recently with the Rivermen.

The two-time Olympic gold medallist has spent the majority of her hockey career playing with and against men. Szabados knows the adjustments she must make upon her return to women's hockey.

"They're pretty different games for a goalie," she said Wednesday on a conference call. "For the girls, I find they hold onto the puck a little bit more. It's a little more puck possession. The guys never like it when I say this, but the girls play a little bit more of a smarter game. The men, it's a little more run and gun."

She spent the last two seasons with the SPHL's Columbus Cottonmouths. Her overall record was 20-20-6 and she carried a save percentage over .900 each year. THE CANADIAN PRESS

Shannon Szabados with a gold for Canada at the 2014 Sochi Olympics. GETTY IMAGES

CHAMPIONS LEAGUE

Rostov causes upset but Bayern advances

Bayern Munich had to settle for second best after losing to tenacious Russian club FC Rostov 3-2 in a Champions League match on Wednesday. Bayern had already qualified but will now finish second in Group D thanks to Atletico Madrid's 2-0 win over Eindhoven. Rostov was already eliminated, but can reach the Europa League.

Two months after beating Rostov 5-0, Bayern struggled to deal with Rostov's rapid counter-attacks as well as a never-say-die spirit which brought it back from 1-0 down to claim arguably the most famous win in the club's history. Rostov took a 2-1 lead after the break when Dmitry Poloz stepped up to dispatch a penalty after Christian Noboa was fouled.

Bayern pulled level again when Juan Bernat scored with a fierce shot from a narrow angle. Noboa hit the winner in the 67th, curling a 20-metre free kick over the Bayern wall and into the bottom-right corner.

THE ASSOCIATED PRESS

IN BRIEF

Griffin III excited to be back training with Browns

Robert Griffin's day of thanks came a little early.

For the first time since breaking a bone in his left shoulder in Cleveland's season opener, Griffin practised on Wednesday, a significant step for the quarterback whose career has been undermined by injuries and whose future remains unclear. Once he received news he was going to practise, RG3 could hardly contain himself. THE ASSOCIATED PRESS

WOMEN'S RUGBY

New Zealand defeats No. 2-ranked Canada

Fullback Selica Winiata scored two tries as top-ranked New Zealand defeated No. 2 Canada 20-10 in international women's rugby on Wednesday in Dublin, Ireland.

The Black Ferns extended their win streak over Canada to 12 games. The two teams will meet again next August in pool play at the Women's Rugby World Cup in Ireland.

Aotearoa Mata'u added a try and Kendra Cocksedge kicked a penalty and conversion for New Zealand, which led 8-0 at the half at Donnybrook Stadium.

Magali Harvey and Laura Russell scored tries for Canada.

The loss followed Canada's 48-7 win over No. 5 Ireland last weekend. Francois Ratier's team wraps up its European tour Saturday against No. 3 England in London.

New Zealand, which beat England 25-20 on Sunday, wraps up its tour on the weekend against Ireland.

THE CANADIAN PRESS

RECIPE Coconut Lentil Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ginger, curry and coconut give this soup rich and complex flavours.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves 6

Ingredients
- 1 Tbsp olive oil
- 1 onion, diced
- 2 large carrots, peeled and diced
- 2 cloves of garlic, minced
- 1 Tbsp fresh ginger, minced
- 1 Tbsp curry powder
- 1/2 tsp each cinnamon and cumin
- 1/3 cup tomato paste
- 4 cups vegetable stock
- 3 cups water
- 1 can coconut milk
- 2 cups dried red lentils
- 1 big handful of fresh spinach, sliced into ribbons
- Juice 1/2 lemon
- Salt and pepper to taste

Directions

1. Heat oil in a big pot over medium heat. Add onions and carrots and cook until they soften, about 3 minutes. Toss in garlic, ginger and spices. Stir and cook for another 3 minutes. Add the tomato paste and stir again.

2. Pour in stock, water, coconut milk and lentils. Stir and let it simmer — not boil — for about 25 minutes. Taste to check that lentils are tender.

3. Throw in the spinach and stir it around until it just wilts. Add the lemon juice and taste before adjusting for salt and pepper.

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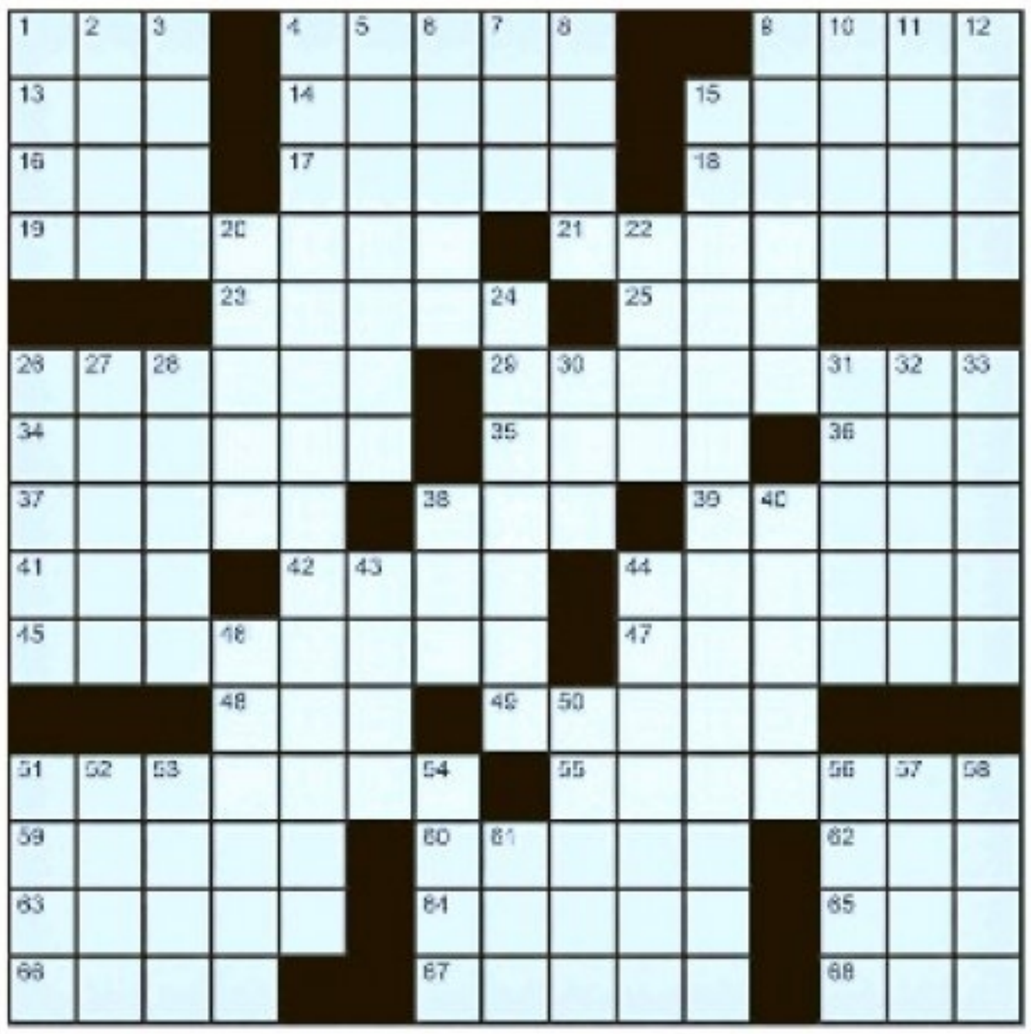
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Car's craving
4. Finishes a room's 'roof'
9. Horus and Apollo
13. Fitting
14. Year's historic record
15. Variant-spelled hawk's nest
16. Last letter, USA-style
17. Big name in motor scooters
18. Earthy pigment
19. Drastic
21. Server at Starbucks
23. Segments
25. Richie's portrayer on "Happy Days"
26. Next to
29. Vacationing visitors
34. Ottawa-born singer/songwriter Ms. Morissette
35. Town in Quebec near Lac Saint-Jean
36. Even if, briefly
37. Canadian band, Doug and The __
38. "Why, __ be an absolute honour!"
39. Jack __, Kiefer Sutherland's "24" role
41. One of a white canvas sneaker brand
42. Own
44. Melancholy in mood
45. Haughtier
47. Spectrum sources
48. Chap
49. Undercover agents
51. Warrior of Japan
55. Facing difficulty: 3 wds.
59. Preamble
60. Forged material
62. Lacto-_ vegetarian
63. Contests of ancient Greece
64. Belgian tenor/Elvis impersonator, Helmut __
65. Australian band, __ At Work
66. Wrongdoing, in law
67. Bottomless pit
68. Before

DOWN
1. Fixed stare
2. Top
3. Proofreader's mark
4. Canadian potatoes brand (frozen French Fries, fresh potatoes, etc.) since 1980: 2 wds.
5. Foes
6. Map detail
7. Around-the-track unit
8. Hunk
9. Horoscope sign
10. Spheres
11. __ Coke
12. Doubled Doris Day song word
15. Northern Lights: 2 wds.
20. Regretting
22. __ lily
24. Declarants
26. Suns
27. "Juno" (2007) star Ms. Page
28. __ Arabia
30. __-fashioned
31. Concert ticket remnants
32. Heat unit equivalent to 100,000 BTUs
33. Bruises, for example
38. 'Excess' ender
40. Awry
43. Verdi opera
44. Sorts of small pianos
46. Articulate
50. Devoutness
51. Tiff
52. Ti-Cat's rival
53. Berth
54. Filmdom's Ms. Fisher
56. __ and Circumstance
57. "Head __ Heels" by The Go-Go's
58. Singing voice characteristic
61. From A __ _ (Step-by-step)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
A discussion with a partner or close friend will be super intense today. However, the bottom line is that you want to make things better for everyone. This you all can agree on.

Taurus April 21 - May 21
At work today, you'll have intense relations with foreign countries or people from other cultures. You are enthusiastic about introducing reform and ways to expand.

Gemini May 22 - June 21
This is a great day to make ambitious vacation plans. In fact, all your ideas to socialize and explore the arts and enjoy yourself are exciting!

Cancer June 22 - July 23
You have great real-estate opportunities and chances to improve your home in the coming year. Today is a good day to start thinking about what you want to do.

Leo July 24 - Aug. 23
Your enthusiasm for something is the energy that will carry you through. That's because everything basically starts in your mind, doesn't it?

Virgo Aug. 24 - Sept. 23
This is an excellent day to think of how to boost your income now and in the future. Trust your money-making ideas. You can do this.

Libra Sept. 24 - Oct. 23
Because lucky Jupiter is in your sign this year for the first time since 2004, you are on a roll! Make the most of this opportunity to explore your good fortune.

Scorpio Oct. 24 - Nov. 22
Powerful things are taking place in your life now, which affects your view of the world. This is why you want to explore your inner world more deeply.

Sagittarius Nov. 23 - Dec. 21
You might join a group or be involved with people who will change your way of looking at things. They will expand your world and affect your future goals.

Capricorn Dec. 22 - Jan. 20
This year you have a chance to really boost your reputation in the eyes of others. Today, you begin to see ways to do this.

Aquarius Jan. 21 - Feb. 19
Big travel plans or an introduction to a belief system might change your life this year. You are getting an inkling of what is going to happen by what you are planning today.

Pisces
Feb. 20 - March 20
The support you receive from others is undergoing a major overhaul. The bottom line is simply this: It has to benefit you. Make sure this happens.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5			4			2	
		7			8			
						1	3	
		1			6	9		
3		4		1		7		8
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	6			9			8	

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8	7	2	9	5	3	6	1	4
4	6	5	1	8	2	3	9	7
7	5	4	3	9	1	8	6	2
2	8	3	6	7	4	9	5	1
1	9	6	8	2	5	7	4	3
9	2	7	5	1	6	4	3	8
6	3	1	2	4	8	5	7	9
5	4	8	7	3	9	1	2	6

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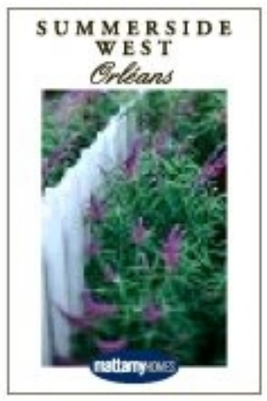

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